BASKET · BALL · FOR · COACHES · AND · PLAYERS

GEORGE F. VEENKER

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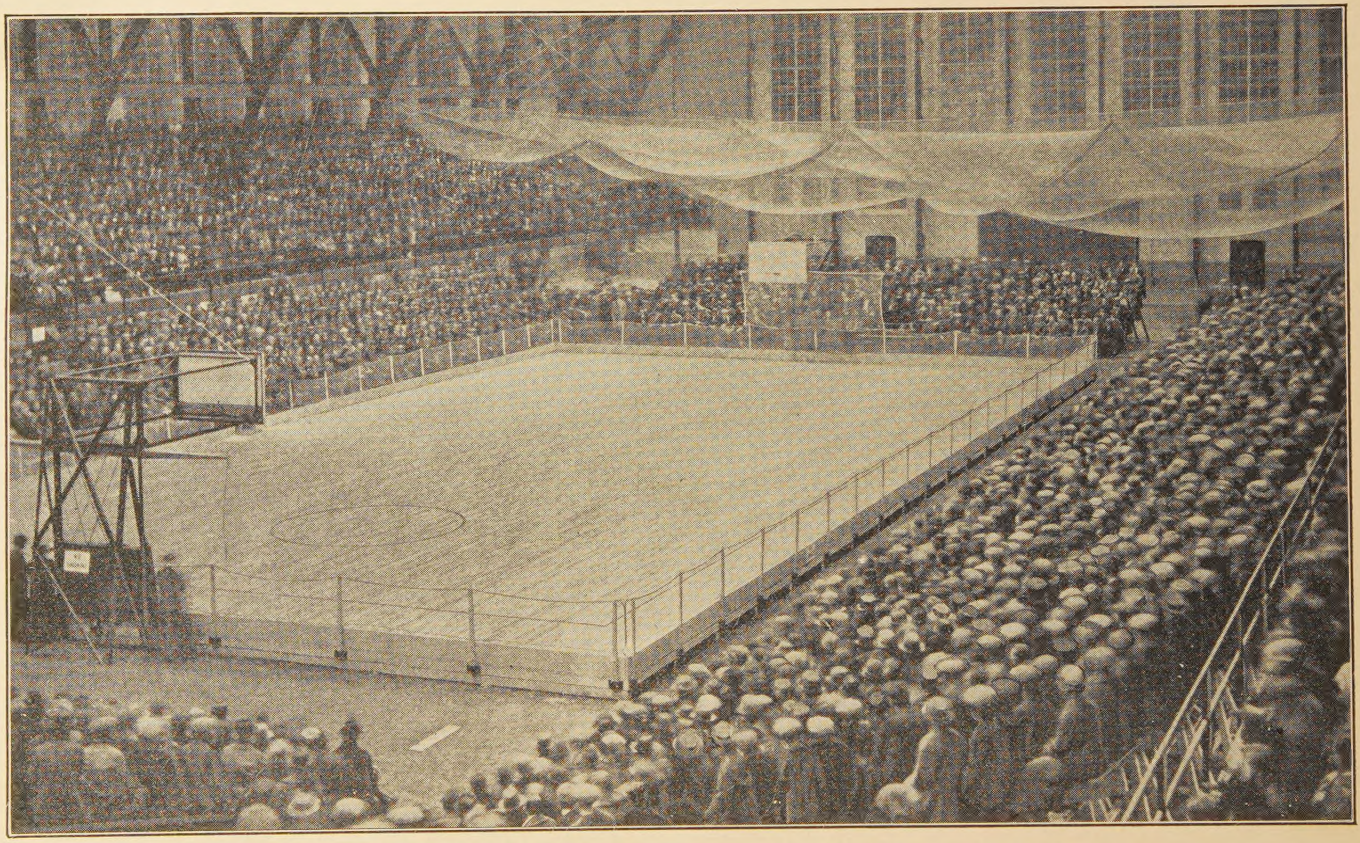
BASKET BALL

for

COACHES AND PLAYERS



YOST FIELD HOUSE AND PART OF THE 10,000 SPECTATORS JUST BEFORE A CONFERENCE GAME. THE FLOOR IS PORTABLE

BASKET BALL
for
COACHES *and* PLAYERS

BY

GEORGE F. VEENKER

BASKET BALL COACH, UNIVERSITY OF MICHIGAN

NEW YORK

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INTRODUCTION

This book on basket ball has been compiled from the lectures and demonstration work of the author in his summer schools to fulfill the many requests of attending coaches for a complete record of the course given. There is every reason to believe that it will prove helpful to the many other basket ball coaches of the country.

No attempt has been made to lengthen the work beyond the absolute limit of space necessary to present the subject as clearly as possible. It is the result of the author's experience in coaching high school and college teams, scouting, and laboratory work with summer school coaches.

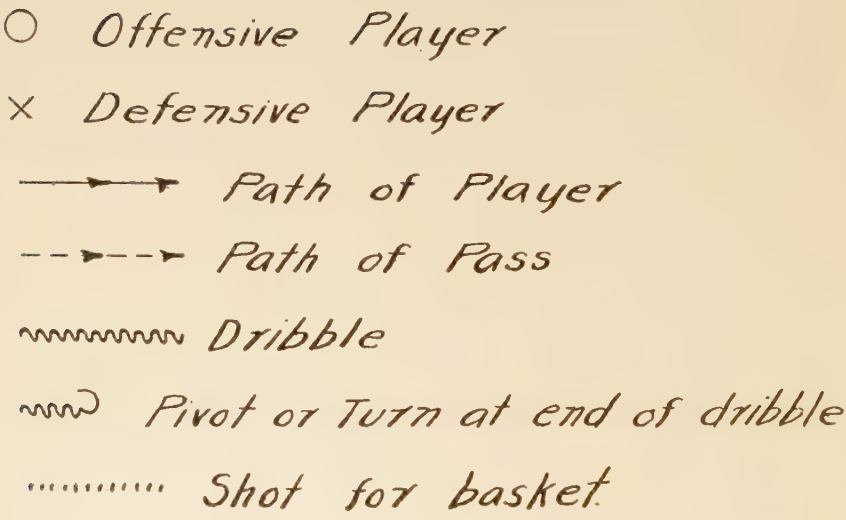
Due credit must be given to all the players and coaches of the country in their contributions to basket ball as we have it to-day. It is doubtful whether any player ever did anything new in the game, except in his own natural way and individual style. From these observations, coaches have adopted new ideas, which have gradually become accepted as correct fundamentals.

Credit is also due Franklin C. Cappon, Assistant Director of Athletics, University of Michigan, and Charles B. Hoyt, Trainer, University of Michigan, for help in the compilation of the contents.

GEORGE F. VEENKER.

October, 1929.

Key to Diagrams



CHAPTER I

PREPARATION FOR A SEASON

There is considerable work to be done by the coach long before the season opens. Every detail should be taken care of as far ahead as possible. Things that could be done before the season opens and not gotten out of the way, will become more of a burden later on. If they are done at all later, it will very likely be at the expense of some other work which is entitled to its regular attention at this time.

Schedule Making

When making out the schedule considerable attention must be given to it from the coach's angle in having to play the games he is scheduling and, also, from a business standpoint. There are certain days and dates which will be better, from an attendance standpoint, for home games. If possible these should be filled for games at home. Care must also be observed for conflictions with other school dates, although the basket ball games should and usually do have the preference.

Most coaches are too particular in demanding certain dates with certain opponents and to obtain their end will do a lot of petty bickering. Since schedules are made out so far in advance, with the exception of a few general rules in this connection, no one can tell just how the schedule arranged is going to work out. Games which appear in the wrong spot at this time may turn out to be advantageous later on, while certain games which appear to be placed just right, may later on develop into the worst possible situation.

The Western Conference using a rotation of teams has done away with some of the difficulties pertaining to schedule making. In other words, the coaches know each year whom they must play and it is only necessary to arrange the dates. There has been some

trouble in the past in arranging the schedules under even these conditions. A team or two always seemed to come out of the schedule meeting with an obviously poor arrangement. To get away from this the 1929 schedule was made out, at the request of the coaches, by the Commissioner of Athletics of the Western Conference. This schedule was submitted at the regular meeting of the basket ball coaches. Without exception, each coach objected to his schedule in part. However, after seeing that each other coach had the same situation, and not being able to figure out where any one team could remove these bad points from its schedule, without adding to some other one, it was unanimously adopted. Without a doubt, it was the fairest schedule ever played since each coach had to take some of the unsatisfactory with the good. In addition, it saved the coaches a lot of work.

A certain number of practice games outside the regular schedule will always be played and, after the first one, it is well to have this competition as strong as that which will be encountered during the regular season. It is also a good idea to have one of these games away from home, in order to break in the new players to the different conditions encountered on trips over what they are at home. It also gives the coach a chance to break in his new manager properly where he is able to be of much value later.

High school games are usually played on Friday and Saturday nights. If these two games are to be played with teams away from home, it is a good idea to play the easier game first, to insure one victory. By the use of substitutes after the team gets ahead, the regulars can be saved, and through this victory the morale will be raised to where they can go after the second game with plenty of vim and vigor. These two week-end games should never be scheduled with two weak teams. There will be no incentive for conscientious work in the practice of the week under these conditions. Have one of the games with a worth while opponent and at the same time beware of these so called "easy games." They very often will trip a team.

Gymnasiums

The gymnasium should come in for some advance consideration. The lines on the floor should be repainted. The lights

should be checked. If possible, they should be arranged so that only those directly reflecting on the floor are on during the games. This makes it easier on the spectators' eyes as well as for the players. It is also a mark of good showmanship, since it puts the spotlight on the spectacle of the evening. Bleachers should be checked over and repaired where necessary. It is also a good idea to have an engineer check their strength at the start of each season. This is both a measure of safety and due the public, as well as removing responsibility from the school authorities. Very often a rearrangement of the bleachers will utilize the space so that more spectators can be accommodated.

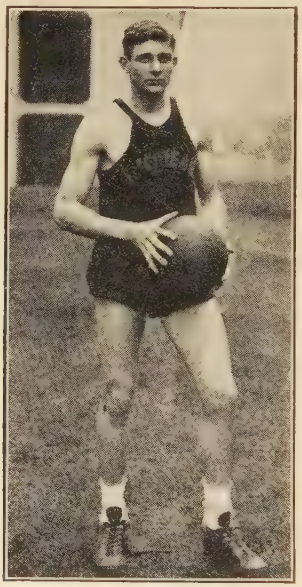
A large score board is very desirable from the spectators' standpoint. This should contain the names of the players with their numbers and position. It should also show the score of each team. A runner along the top with the minutes marked in graduations, as on a ruler, can show the time left to play by shifting an arrow for a marker as the game progresses. All this information is best telephoned to assistant managers working on the board by another manager at the officials' bench. Some score boards have the time shown with a hand on the face of a large cardboard clock. This is also satisfactory. Electrical score boards showing the running score and time can also be purchased and are often financed through advertising panels around it.

All supplies and equipment should be purchased ahead of time. Uniforms, however, cannot be ordered until the first squad is definitely known. It is a good idea, when not satisfied with the balls of the preceding season, to try out several makes in the early practice before definitely committing oneself to any one brand. In the past, sporting goods companies, through variation in leather supplies or changes of personnel in the factory, have often followed a season of good basket balls with a season of some not so good.

Team Plans

The coach must also have several ideas in mind concerning the type of play he wishes to use during the coming season. The success or failure of last year's play, coupled with the type of material he will have for the coming season, will be the basis for these plans. Most coaches attend a summer coaching school during the summer

and pick up new ideas. One must be quite sure of himself before discarding every thing used previously for something entirely new. It is better to keep what has been working successfully and discard anything of doubtful value that has been used in the past, substituting a new idea here. In this way the coach is keeping that which is good and which he knows he can capably teach. Where he is making a change he has everything to win and nothing to lose, since it was not successful in the first place.



Bob Chapman, All-Conference Forward 1929 and Captain 1930

CHAPTER II

EQUIPPING A BASKET BALL TEAM

Selecting the equipment for a basket ball team does not present the problem it once did. Manufacturers have improved and standardized all basket ball equipment to a point where a coach can feel safe in buying from reliable concerns, as long as he buys high grade materials. In past years it was necessary to do considerable shopping around. Some attention should be paid to the selection of uniforms which will give the team a good appearance on the floor. This will very likely not improve their basket ball but as long as they are appearing in public, it will do no harm to have them look well. Solid colors are the best and they should be distinctive enough so as to stand out clearly to each other as teammates.

Shoes

As an actual aid to playing, shoes are invaluable to a player. They have been developed to a point where it is difficult to see any advantage in favor of any particular type of a dozen different brands.

As a general rule they should have heavy soles and there seems to be no difference as to whether these soles are smooth or treaded. Sticking qualities are to be considered first, after which one may take into consideration the wearing or lasting qualities. Canvas or drill uppers are preferred to the leather uppers. Some coaches use a lighter shoe for games which may have its advantages. If the regular shoes are not worn too deeply, they will hold the floor in good shape and the player is wearing something which has confidently carried him through the week. The soles should, however, be cleaned off occasionally with gasoline. If the shoes stretch to the point where they feel loose on the player's feet, a cork inner sole will take care of this.

Shirts

Shirts of solid colors with the name of the school across the chest are better looking than any other combination. To be completely equipped, a team should have three sets of jerseys. The jersey used last year for home games should now be used for practice. A new set of jerseys in the school colors should be purchased for games at home. A white set of jerseys, for games away from home, should also be on hand and these may be used for several years. Players prefer the new rayon type or silk jerseys, since they feel much better than the old worsted type. There is a tendency towards chafing with the worsted jerseys which is entirely eliminated with the rayon. They should be cut low in the arms and neck. They are better straight than the supporter type, the latter being unnecessary and of no practical value. Jerseys should be worn inside the pants and underneath the supporter, which will hold them down.

Pants

Pants may be made of khaki, flannel, poplin, sateen, fly-tex or jersey knit. After experiment with each one the University of Michigan basket ball teams are equipped with pants made of silk. They are cut full in the seat, have wide leg openings and a short in-seam. They may just as well be cut not over three inches long for this in-seam or the players will turn them up from the bottom. For a snug waist fit they are gathered in the back with an elastic band. The padding is of the very lightest material. They have proven their wearing qualities and are very neat in appearance.

Supporter

The ordinary elastic supporter has proven satisfactory for basket ball but should, at all times, be kept clean. They may be washed in water not too hot.

Socks

Not many teams wear the knee length stockings any more. They are, in fact, so scarce as to cause comment when a team comes on the floor wearing them. Eastern teams have been slower to discard them than western teams. When used care should be taken

that they are not fastened up in a way to cut off circulation. They should be footless to permit the use of clean inner socks.

The inner socks should be of ankle length and of good wool. They should be kept clean. If possible, a clean pair should be issued every day. If holes develop it will pay to darn them. Where it is impossible to issue them every day players can wash them out themselves in the shower room. If the uniforms do not dry out between practices in the lockers, they should be hung up in a safe place near steam pipes or windows. Some schools have regular driers through which dry heat is circulated. This is quite a luxury.

Knee Pads

Players, who are continually falling to the floor, should be issued knee pads. Practically any of the pads sold by sporting goods companies are satisfactory as long as care is observed that they do not cut off circulation or bind.

Elbow Pads

Elbow pads are unnecessary. If there is occasion to protect an elbow it is much better to tape on a rubber doughnut or a piece of foam rubber.

Sweat Clothes

It is economy to have two sets of sweat suits. The plain gray, cotton fleece lined sweat suit is satisfactory for practice. These can be washed easily. They may be used for track later. The regular woolen suits for games will last longer and look better if worn only at these times. Some players do not care to wear the sweat pants on the floor before a game to warm up with, but they should be kept on the bench for all substitutes. If the gymnasium is cold during the game, it is a good idea to have some blankets on the bench to keep the legs warm.

CHAPTER III

TRAINING, DIET CONDITIONING AND INJURIES

Training

In one of our larger cities, a few years ago, an automobile driver was having a friendly argument with some officers of the police department. This man, who had never been arrested or had never been in an automobile accident of any kind, was attributing it to the fact that he always drove his car as required by law. After being told by the officers that he very likely had broken many of the laws at some time or other in his driving, an argument ensued. As a result a wager was made that he would be unable to drive for one hour around the streets of this city without breaking the law. With the officers in the car to check up, the drive was made for one hour. With all care and the car under perfect control at all times there was not the semblance of anything wrong. Driving up to the police station to discharge his passengers, he was indeed very much surprised at being placed under arrest for thirty-eight violations of the law in his drive of one hour. One of these violations was the fact that he very carefully made a turn of a corner at six miles per hour. An old law of the horse and buggy days, still on the books, made it a felony for any vehicle to turn a corner at more than four miles per hour. Points like this cost him the wager.

Many coaches are strongly set in their training rules. In some instances they may be necessary. The man who violated the law thirty-eight times in the above instance would not make many laws necessary. Strict rules of training constantly dinned to a basket ball team are a mistake, because they are not in keeping with the spirit of winning and the spirit of sacrifice necessary for winning teams. The University of Michigan basket ball teams do not have any training rules. Strict training rules often turn out to be a boomerang to coaches. For instance, one training rule may read that no smoking is permitted and any one caught smoking

is automatically fired from the team for the rest of the season. In other words, a coach gets up and says, "You boys on this team dare not smoke. If you are caught smoking you automatically cut yourself from this squad." He goes right down the list and enumerates the other training rules in the same manner.

It has happened more than once that, as a result, a star player has been thrown off a team for being caught smoking a cigarette. Months after the season has closed the coach has found out that several of the other boys, whom he never suspected of doing anything wrong, have been secretly smoking all season. Some of the other training rules have very likely been violated to the same extent. It has not helped the boy who has been fired.

After several recurring instances of this in later seasons the coach begins to wonder whether he has the right system or not. He has conscientiously expelled star players from the team at a great sacrifice. Conditions become no better. It soon becomes very evident that greater inducements are necessary to keep boys training properly than the mere fact that expulsion from the team will follow.

As soon as the desire to play on the basket ball team becomes so great that nothing can make the player do anything which will keep him off this team, then the coach can expect the boys to observe the rules of training. Rules of training should be spread through the squad by years of tradition rather than commands. Of course, no player on the squad should be permitted to smoke, drink, keep late hours, and so forth, but it is better to have these things so understood that the player would violate them no more than he would deliberately permit an opposing player on the floor to shoot the winning basket against him in an overtime game. If this condition and spirit does not prevail it will take some time to instill it; but it is building on solid rock and will last as long as there is honor in playing on the school's basket ball team. It is the foundation of a happy family so necessary in the conduct of a strenuous basket ball season. As long as the captain and the older players maintain these traditions,—which they found on the team when they received their first uniform,—so each successive class will be imbued with the responsibility of maintaining this same spirit when they become the veterans. It is only then that the

coach can enjoy, in some measure, the difficult season before him. Even though the season were unsuccessful in games won and lost, —which is very unlikely with spirit like this to start with,—there will be great satisfaction resulting from the association with boys of this type. In after years when coach and player meet, the player can look him in the eye with the knowledge that he never cheated.

Diet

The matter of diet or proper foods is as important in basket ball as it is in track. The chances are that the man in the perfect condition a basket ball player becomes, could really stand and digest worse food than the ordinary man. However, the chances

Ernie McCoy, All-Conference Guard and Captain 1929

are he would never have attained this perfect condition if he had not given up some kinds of food at the start. Self-denial is a good lesson in itself and should be maintained throughout the season. There is great difference of opinion even among experts as to what foods are harmful. With players eating in their own homes or fraternities, there are times when they will have to eat food not exactly as prescribed or go hungry. This is considerable of a hard-

ship and without a doubt a Mother's cooking has never injured any boy even to the inclusion of an occasional piece of pie.

As a general rule fatty foods as well as all foods which are fried should be avoided. Fresh bread and pastries will do no good and coffee should be taken with moderation. There are boys, however, who have had coffee every meal of their lives up to this time and a cup of coffee or two will do them no harm.

The day of the game the athlete should give greater care in his selection of food above all other times. The following menu has been used very successfully for a number of years.

Breakfast
Fruit
Cereal
Soft Boiled Eggs
Dry Toast Butter
Coffee or Milk

Dinner
Fruit Cocktail
or
Bouillon and Crackers
Head Lettuce Salad
Dry Toast
Butter
Broiled Tenderloin Steak
One Baked Potato
Green Peas
Ice Cream
Tea

Lunch
(Two and one-half hours before game)
Two pieces Dry Toast
Three Soft Boiled Eggs
or
One half portion Tenderloin Steak
with
One half Baked Potato
Tea

The following suggestions to athletes of the University of Michigan by the Training Department are posted on locker room bulletin boards the entire year.

MEATS—Broiled steak—beef, roast beef, mutton or lamb, fish. Avoid pork and veal. Eggs, any style except fried, are good.

FATS—Butter, butterine, cream, ripe olives, olive oil.

CEREAL—All cooked cereals or breakfast foods are good.

VEGETABLES—Potatoes, turnips, beets, carrots, squash, beans, peas, lettuce, celery, spinach, etc.

SWEET DRIED FRUIT—Figs, dates, raisins, prunes, etc.

FRESH, CANNED OR PRESERVED FRUIT—Apples, peaches, apricots, pears, grapes, etc.

BREAD—Toast, day old bread, whole wheat. No hot rolls or freshly made bread of any kind. Most any kind of bread if not too fresh.

BEVERAGES—Milk, weak tea, cocoa occasionally.

DESSERTS—Fruit preparations, rice or bread puddings, jelly or jello preparations, ice cream. Avoid pies and cakes. The use of figs, raisins, prunes, apples, spinach and bran bread—all natural laxatives—should be kept in mind by all men in training.

WATER—May be taken with meals but preferably not iced. No drinking while on the floor and not until cooled after practice. Drink all you wish during the day.

Sample Menu for Training Season

BREAKFAST—Fruit—fresh, dried, cooked or preserved; choice of cereals; buttered toast, graham muffins, eggs, milk or weak tea.

LUNCHEON—Eggs, or fish, or meat, or macaroni; vegetables such as beans, peas, spinach or other greens; rice or potatoes (the potatoes should be baked or boiled—never fried) dessert; milk or tea; toast.

DINNER—Green salad, meat, potatoes, soup, peas, carrots or other vegetables, toast or breads mentioned above, dessert, beverage.

Conditioning

The goal for the coach's program in conditioning the basket ball team is to have them prepared to play forty minutes of hard

basket ball when the regular season opens. After this condition is reached it must be maintained the rest of the season. Barring injury and sickness, the points to consider are endurance and wind. In this connection the coach must remember that some men need more work and others less. If one tries to have the weaker men, who need less conditioning, maintain the same practice schedule that the stronger men need to keep in shape, the frailer men will soon be worn out. This is the most important point to watch while on the floor. Substitutes should be available and used for these men in the practice scrimmages, since they are likely to be necessary in later games.

A weight chart from the first day of regular practice to the end of the season is necessary. Players should weigh in and out every day. The coach should keep accurate tab on this weight chart to check up any excessive loss of weight. Staleness is partially a mental condition and is usually a sign that a player is getting a little sick of the game and being overworked. A man who does not like a game can stand very little of it. Players should be watched as they come on the floor. Those who hurry on, getting there ahead of schedule, are the boys who are a long ways from being stale. As soon as the fire and sparkle leave a player's eyes the danger begins. It is a good idea to watch for these points in conjunction with the weight chart since the best cure for staleness is a lay-off.

There is no coach who can see where he can afford to give the team a day off from practice during the season, but very often more good can be accomplished with a day of rest than through a practice with tired players. This day off may come as a reward for victory, if there is no danger of it breeding over-confidence or it may as well come after a defeat, when players' spirits are at low ebb. It is harder to convince oneself that a lay-off is a good thing after defeat since the coach has seen so many points to be rectified which caused this defeat. It is worth while, though, and comes as an agreeable surprise to the men, who will now claim the coach is not such a bad fellow after all. They will return the next day with more eagerness and the old fire back in their eyes.

Care on the Floor

Extra precaution should be taken that the gymnasium is not too warm during practice. A temperature of sixty degrees should be the maximum. The catching of colds should be guarded against since they are very weakening. Complete sweat suits should be issued and should be worn any time players are not moving after being warmed up. They should be kept busy at all times and those not scrimmaging should be working at extra baskets if possible. Watch the beginning of all limping, chafing and blisters. These things nipped in the bud are more easily cured.

Baths

Care should be taken that shower baths are not too hot or too long. Long hot shower baths are weakening, especially since a player gets one practically every day. Cold baths are just as detrimental, especially since they do not close the pores and stop colds. A cold shower is a severe shock to the nervous system, and has an ill effect on some players. A short warm shower, followed by a gradual change to a short cool shower, is advised.

Sleep

Growing boys, especially those playing basket ball regularly, should have a minimum of ten hours sleep per night. This should come as close as possible regularly between the hours of ten P.M. to eight A.M. Some men can get along with eight or nine hours but no one can be at his best with less than that. There may be some value in the fact that the old adage says the sleep you get before twelve o'clock is better than the sleep you get after twelve o'clock. It may, however, be another way of saying that getting to bed as long as possible before twelve is extra sleep, since most boys will not get up until they have to in the morning.

Rubbing

Rubbing for other than injuries has its good points as well as bad features. After the first week there should be little soreness among the players and they are almost as well off without rubdowns. Even where there is some provision for rubbing by trained rubbers there scarcely ever is time enough for it to be handled

properly. To attempt daily rub-downs without adequate provision is heading toward trouble. If rubbing applied correctly by experts is a help, to the same proportion rub-downs by novices can be just as harmful. Good men have played good basket ball in the past without being rubbed down daily and will continue so in the future. If you are satisfied that proper provision is available for rub-downs, let those who want them have them by all means. It is doubtful, however, whether in the long run it pays to coddle athletes. They are better a little more rough and ready, in most instances, than they are by being babied.

Injuries

One of the reasons for the great popularity of basket ball throughout the country is the fact that it is so free from injuries of all kinds and, especially, injuries of a serious nature. This is one of the reasons why so many boys' teams prevail in every town and city. These teams go season after season without iodine or gauze being required. They do not play quite as hard as school teams which explains why more attention is needed for these organizations.

In most cases the training is placed on the shoulders of the coach. The duties are very light, though, after the football season just completed since less are competing and the nature of the game is such that little attention is needed.

The coach or trainer should be very careful about accepting too much responsibility in this connection. The care of injuries discussed in this chapter are of the simplest character and anything else coming up should be referred to a doctor. In this connection the coach should have a hard and fast rule which will permit no player to try out for the team, who has not been examined and passed by a doctor. He should also have an understanding with a doctor in his town for handling all cases he sends. There usually is a doctor or two in each town so interested in athletics that these services are donated. This friend should, of course, be remembered with a season family pass as well as a slight token of esteem at Christmas.

Basket ball injuries are almost entirely confined to feet, ankles, knees and fingers. There is slight chance of other mishaps. It is a

good idea to use more time for the prevention, rather than the cure of these injuries. It is more economical from any angle one cares to consider it.

Feet

Early season practices are apt to cause blisters on the tender feet of all candidates. These blisters should be checked at first appearance and covered with gauze and adhesive. The larger they become the longer the cure, causing valuable time loss.

As a preventative paint the feet before and after practice with tincture of benzoin applied with an ordinary two-inch paint brush. Allow to dry and sprinkle with talcum to prevent sticking to socks. Soaking in salt water or the use of tannic acid has also been found successful. The tincture of benzoin is the handiest to handle since boys can easily apply it themselves and then again it is on hand for painting after removing adhesive tape from skin which is getting tender.

Clean woolen inner socks should be issued and kept clean. It is a good idea to have these socks in sufficient quantities so a clean pair can be issued each day, while the others are being washed. In the case of extra tender feet a light silk sock worn next to the skin inside the woolen inner sock will eliminate chafing.

Shoes must fit in good style. In this connection, it is a good plan to arrange with a local sporting goods dealer to send the boys down to be fitted. This will insure good fitting as he will have all sizes. Very few shools can carry a full line and to guess at sizes in ordering is not successful.

Weak arches are best helped by fitting a piece of one-half inch thickness of felt underneath the instep, taping it in place. After a little experiment it will be cut to the exact shape and size required. This is more effective than the regular steel arch supports.

Stone bruises of the heel cannot be aided much and taping it across and up the side of the ankle is about all that can be done. Rest the player as much as possible and protect further by use of a rubber sponge in the heel of the shoe. This forms a shock absorber for the bruise.

Ankles

Players should be questioned relative to weak ankles. If their ankles have ever been sprained or have a tendency toward weakness, they should always be taped for scrimmage. In case a man has never had a sprained ankle he will need no protection. The ankle to be taped should be given an application of tincture of benzoin to toughen the skin. The area to be taped must also be shaved. Remove the tape after each practice with gasoline. Repaint, after the shower, with benzoin and apply a sprinkling of talcum. Tape is expensive but can be obtained cheaper, if the entire year's supply is purchased at one time and in twelve-inch widths. Student managers can tear and reroll it. The two widths to use are the one and one-half inch and the one-half inch. Where taping is not used the players should at least be issued a pair of linen or muslin ankle wraps.

A sprain should be soaked at once for about twenty minutes in ice cold water. After this it should be tightly bandaged with adhesive tape. The next day it should be soaked alternately in twenty minute periods with hot and cold water. After the soaking period it should be rubbed all around except the injured part itself. This rubbing should be upward only and extend as far as the knee. This is to stimulate circulation. It should then be retaped. This operation should be continued every day for three days. At this time the affected part can also be massaged. Continue this daily until cured. Lay off the patient for a few days in severe cases and when cases are this severe they should be X-rayed.

Knees

An injured knee handicaps a man very much. A number of patented braces are on the market, but these are both cumbersome and tiresome to the athlete carrying them around. On the other hand, they are not an aid in strengthening the injury through their use. Taping is the best and safest protection. First of all shave the inside of the leg eight inches above and eight inches below the knee. Starting below the knee tape as tight as possible straight strips crossing them at the injury. Alternate these with horizontal strips halfway around the knee. Six of the long strips and six of

the short cross strips should suffice. To hold in place put several short strips across the ends of the longer strips.

Water on the knee should have an application of heat of thirty minutes' duration twice daily. A Thermolite light with a reflector is an economical and suitable arrangement for applying heat. Care must be taken not to blister the affected part by having the light too close. Bandage with the Ace type bandage for compression over the joint. Although in most cases a player can continue working, it is well to lay the man off a few days. A second injury to the affected part at this time is liable to be more serious.

Sprained Fingers

Fingers and thumbs frequently are jammed in basket ball or dislocated. In the case of dislocations at the joints, fingers are usually pulled back into place while thumbs are more easily pushed back by applying pressure. Serious dislocations or fractures must be set by doctors and kept in splints. Thumbs that have been dislocated can be taped down across the hand and around the wrist. Injured fingers are best taken care of by taping them to an adjacent finger with very narrow strips of tape which permit freedom of movement and protection.

Cuts

Cuts must be cleansed thoroughly with a good antiseptic solution. This may be a five per cent solution of Neo-Silvol or a mild solution of Lysol. Paint with a five per cent solution of Mercurochrome. Cover the wound with surgical gauze, taping only at the edges. Be on the lookout for blood poisoning. This will be evident by inflammation in the wound or red streaks in the direction of the blood vessels toward the heart. If this situation shows up do not waste any time getting the boy to a good doctor.

Burns

Take care of all floor burns immediately. First of all to cleanse,—wash with a mild disinfecting solution after which cover with a light application of unguentine. Cover with surgical gauze, taping the edges and repeat the same operation daily until cured

CHAPTER IV

EARLY SEASON PRACTICE

First practice for basket ball should be held at least six weeks previous to the first game. Three nights a week is sufficient for the first few weeks. Every one in the school should be invited out to try for the team. The coach should know, however, the likely candidates for the squad previous to this time. This is essential in order that he make his pre-season plans to suit the material at hand. He is acquainted with this material, through the regulars left over from last year's team, the better substitutes, promising material of the second team or light weights, and the better sophomores from last year's freshmen team, if his institution happens to be a college where freshmen are not allowed to compete. The object of the call for all candidates is twofold in its purpose. First of all, it shows that any one who is good enough has the privilege of making the team regardless of his previous connection with the athletics of the school. The second reason is the fact that a boy may be uncovered who will make the team. The coach has kept his eye on all basket ball players the previous year, yet some player may have been overlooked or may have suddenly found himself.

Not a great deal of time should be spent with this large group of candidates. When it is obvious they cannot make the team, it is a waste of time for the players and the coach should not keep them out. It is a fact that it is hard to cut these men off since they are so eager to make the squad. Intramural and interclass leagues should be arranged for these men so that some of them may develop for use next year.

The work throughout this time should be easy. There should be no driving of the players. The coach's mind should be open. Fundamentals should be worked on, but very little time should be spent on individual criticism, since there are too many and the material is such that almost every move would demand some time for correction. An occasional word to a regular or a good

prospect in correction to an obvious weakness is time well spent, since a player will have many practices ahead to correct these faults. While these workouts remain easy, the care of the feet should be stressed and all blisters taken care of immediately.

At the end of the first week it is a good idea to scrimmage those whom the coach expects to cut the first time. This scrimmage will give the coach one last look at each man to make sure they are not the caliber necessary and it will also go a long way toward convincing these players that they are not good enough to remain as candidates. Some players practically refuse to be cut, considering themselves better than the coach rates them and wanting another chance. In one way, this is an admirable trait but is not likely to overcome their inability to play basket ball.

After this first cut the work may be speeded up a little and more individual attention given the players. Where a first and second team is maintained throughout the season, the next cut should leave a squad of about thirty men. This cut will be a little more difficult, since practically every man on the tentative list to be cut, has some basket ball ability. The easiest way for the coach to satisfy himself that he is making the right dismissal is to merely consider whether the player is good enough to later go on the floor in a close varsity game. This mental picture will usually convince the coach that the players under consideration will not fit in. There should be one more cut later, after those men who are now playing football have had a chance to show their worth.

After the second cut the coach should go no further with his squad until each one has presented a certificate from the team doctor that he is physically able to play out the season of basket ball. Another point to check up at this time, if it is not already known, is that each man of the present squad is scholastically eligible to compete for his school. Do not waste time on ineligible men, unless the player in question will be eligible for the second semester and sure of being a member of the team at that time. The work should now be specialized in fundamentals along the line of the type of play the coach expects to use during the season. This is a good time to get the idea of correct shooting across as explained in the chapter on Shooting. Sell the idea to the player that a good basket ball player will always have the balance to

shoot the correct line to the basket, never being to the right or to the left. Now is the time to go after the regulars, making corrections in weaknesses they had in the previous season. All the work is still easy with no physical or mental strain. They will be gradually getting some physical condition and there will be plenty of mental strain later on without being burdened with any right now. A word or two can well be put in occasionally to the players as to the aim and goal of the present season. This is gradually sowing the seeds, which will grow into morale and team spirit for a successful campaign.

This period is especially a period of building correct habits. The work is easy enough and slow enough so that it can be done correctly. The coach should be attired in sweat clothes and basket ball shoes, not to play, but to demonstrate moves. Any player executing any movement wrong, at this time, will do it worse later in the heat of the game, if he does it at all. Permit nothing to be done incorrectly at this time. Work for form not for speed.

The correct method of teaching is first of all for the coach to show it and explain it. Then let the players execute it themselves slowly. A third step is up to the coach again, in that he will correct their execution. The fourth step returns it to the players in that they now repeat the movement until it is a habit. Once this habit is formed it will be with them forever. In the same proportion, it will be difficult to change players once they have acquired the habit of doing it wrong. Once a player has acquired one fundamental correctly, he can combine it with the execution of another to relieve monotony. For instance, the dribble and the stop may be combined or the pivot and a pass, and so forth.

A weight chart should be started at this time and be kept the entire season. Some players will report over weight which is a good thing. Hardly ever does a basket ball player report too heavy, since the good basket ball players are not built that way. It is the player who reports underweight who must be built up to his correct condition. Once a player has reached his normal weight there should be very little change throughout the season. The conditioning process should now be watched a little more closely so that the players will be in approximately the same shape that the foot ball men are who will soon report.

The foot ball men should be in fine physical condition. Most of the basket ball type on the foot ball squad will have built up a little poundage over normal. They will lose some of this in basket ball. They will also find out that their wind, which carried them through a foot ball game, will not be sufficient in the fast and continual moving game of basket ball. A foot ball player, who has been a regular, should be permitted a little time off between the close of the foot ball season and his reporting for basket ball. The player who has been substituting only on the foot ball squad can report immediately. With the reporting of the foot ball men, the squad is now complete and after the final cut the coach has the men with him who will be the means of a successful season or one of those other ones. The coach should be able to satisfy himself at the end of the season that he has used this material wisely. If it is comparative to the material of the opposition, they should be near the top. It is well to repeat here, however, that the team will make or break in comparison to their ability to execute the fundamentals of basket ball and this should be worked on continually.

Bennie Oosterbaan, All-Conference Forward 1927 and 1928. A Great Tip-Shot Artist

CHAPTER V

REGULAR PRACTICE SEASON

With the first game now about three weeks away and all foot ball men in uniform, practice now assumes a more serious aspect. No time can now be wasted. There is still considerable difference in the physical condition. Players who cannot assimilate the basket ball being taught, must be eliminated in the final cut. This first game, although very likely of a practice nature, brings the coach face to face with the fact that he must soon have a team on the floor with some semblance of offensive and defensive play. The organization is still unwieldy and will have to be cut down soon to a minimum of twenty men or a maximum of thirty men. A coach is now quite well acquainted with the ability and temperament of the individuals. Whereas he is continually working on general fundamentals, certain of the better players who will very likely play in the first game come in for considerable individual instruction.

The college coaches will very likely have an assistant or two to aid in this individual work. The high school coaches, who do not have assistants, should have a former player or two of the right sort to help out. If this man has been through college and back in the home town, where he is now residing, his additional experience gained on his college team will make him more valuable. He can command more respect from the players, especially, if he rated well on his college team. Care must be exercised that he is in sympathy with all the coach's plans and ideas. The coach must be careful not to permit himself to be sold a lot of new-fangled ideas which this young fellow has learned at college. Things that may have worked successfully on this college team may not be suited for the material at hand.

Most of the practices will be held in the afternoon but, since most of the games are held at night under artificial rather than

natural light, at least one practice per week should be held under these conditions. It is also important to remember that since the practices are now being conducted at high speed, they should never last more than ninety minutes, and if this can be cut down it will be better. There should be plenty of basket balls on the floor and extra practice baskets available to keep every one busy. To be sure no time is wasted each practice should be carefully planned ahead of time. There should be typewritten copies available for each coach working with the squad. This schedule should map out the work for the day and the time to be spent on it. One should quit quite close to the time limit set. If the object has not been accomplished, it should be repeated again at a near date. A specimen practice chart follows:

PRACTICE SCHEDULE

Dec. 12, 19——

3:30–4:00

Preliminary Shooting

All coaches

Our shooting has been too slow in improvement.

1. Stress again the line (no right or left)
2. Stress smoothness (eliminate jerkiness)
3. Not too much arch—not too low.
4. Proper follow through.

Individual work. (Catch them as they come out.)

Guard Smith—Backboard work against a forward. Front turn away. He is too slow.—Coach Jones

Center Black—(a) Practice jumping, timing and placing. (b. Tip shots under basket.—Coach White

Forward Dugan—Defense against a floor guard who cuts after his pass.—Coach Jones

Guard Weber—Hook pass after dribble down floor.—Coach Jones

Forward Green—Practice stops after dribble.—Coach White.

4:00–4:05

Short Pass Formations (all)

4:05–4:20
Alternate three man offense vs. defense (all)
4:20–5:00
Scrimmage.

Fundamentals should now be fairly well under control. They should not be discontinued any time during the season and the individual weak in any specific one should continue to get special coaching. They should, however, now be combined in series and there will be more of a division of the different positions on the squad. Where forwards will be working at one end of the floor on offensive play, the guards may be at the other end working on the defensive. If opposition is necessary, let second string guards oppose the first string forwards while the forwards left over may be working against the first string guards.

The coach should now begin molding his offensive attack. He should not start with five men at once but use only the two forwards. They should first be shown their position in the offensive formation to be used, and then work two or three of the basic plays from that formation. With this mastered, a weak guard should be put against each one. The opposition must not be too strong at the start. In all this early team offensive practice, when preparing against a zone defense, it is well to use one man less on defense than is being used on offense. When preparing against a man to man defense use the weaker guards or in some cases a regular guard who needs this practice badly.

After the two forwards are working well together the third man, who very likely will be the center, should be worked in. The coach should now take his position halfway between the free throw circle and the center of the floor with instructions that the players shall pass back to him when they have been maneuvered out of position. He will then pass the ball back into the offense to have it start again. He should stop the play often to show when the players have missed working a play they were in position for or to show a player how he could have moved into position to make a play possible. If this is explained very carefully and clearly, players will gradually learn what is expected of them.

Throughout this work the players will learn through their

fumbling, bad passes, inability to execute stops, and so forth, that the fundamentals (which they have been getting so sick of in the practices just preceding) must be mastered in order to make the offense effectual. It will now be easier to get them to practice these points more faithfully each day.

The next step in the offense is the elimination of the coach as pivot and bringing in the floor guard. He should spend a day or two standing exactly as the coach did and have pointed out to him by the coach just where and when he would fit into this offense. After that put a defensive man against him and let him go it on his own. Finally the back guard may be brought in and his duties explained.

During this time, since there are still so many men on the squad, two, three, or four combinations may be used in this work alternately. As team number one loses the ball or makes a basket, they step off the floor and team number two takes their place. This same procedure continues in rotation. After the offense has been mastered in fair style, and the final cut of the poorer men, who have been defensive players up to now, the teams can alternate in their offensive and defensive turns, thus starting the team defense of the regulars. With an assistant keeping his eye on the offensive work, the coach can now turn his attention to the defense.

By this time the guards can bring the ball down the floor from out of bounds, simulating game conditions. If both guards are used, it will give them an opportunity for working together. If the floor guard is bringing it down alone it gives him the added practice of dribbling and getting the ball to his teammate. The forwards must be cautioned about breaking out too soon and too far. If this is not observed, they will find themselves forced out beyond the defense and nothing gained.

In the two weeks previous to the first game the practice should be concluded with a scrimmage. It will very likely be rather poor in execution but it must be started some time as an aid to conditioning. Frequent substitutions will be made in the first game or two so that no player need be ready to go the full time. Gradually the scrimmages should approximate the style of play that has been worked out in order above. Players must be warned continually to try to work what is being taught as a style of offense,

rather than to keep running wild. A smart floor guard is invaluable here since he will not start the offense until every one is ready. Gradually this will be overcome until the offense begins to click.

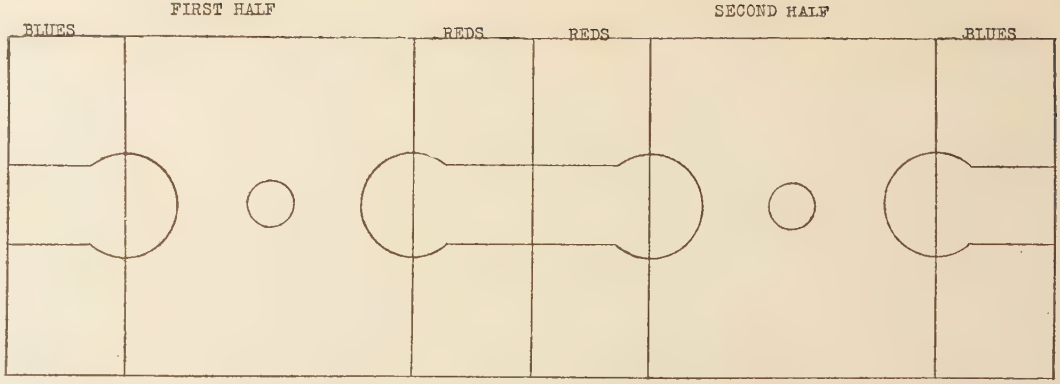
These practice scrimmages should be well officiated. The coach should not do it since he should be observing and criticizing the play of his men rather than calling fouls. The fouls should be called with the same care that will later be experienced in the games. Playing against each other each day, the men are easily antagonized and, if the game is not officiated correctly, trouble will result.

A chart of all shots of both teams should be kept of every scrimmage and game. This chart should show who shot for the basket and from where the shot was taken, by putting the player's number down who attempts the goal, and putting a circle around his number if the goal is made. The percentage can be figured later on. This chart will show the coach how many shots a certain player is making, from what place on the floor, and with what success. It is concrete evidence and can be used for correcting. It will also show from what spot or against what player on the defense these shots are obtained. This will also tell the coach something about his defense.

The final cut should be made before the first game. The squad will now be in an easier position to handle. Too many men are a drawback. Practice to the end of the season will be pretty much as before. As some points are eliminated others are added. New plays, special offenses and defenses for certain opponents and other factors each coach will encounter will take considerable of the time previously spent on the simple fundamentals.

The Shooting Chart

The shooting chart (p. 28) can easily be made in quantities sufficient to last several seasons. The Red team is the home team and is placed at the adjacent baskets so that the coach can more easily detect the difference between the results in each half of the scrimmage or game. The Blues designate the visitors. Shots are scored by marking down the player's number who made the attempt. If the goal is made, a circle is drawn around it. With the summary compiled it is a more complete record than most official score books.



RUNNING SCORE

DATE _____

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55

BLUES

PLAYER	No.	LONG		SHORT		Foul	Pers	Tech	Total
		Shots	Bskts	Shots	Bskts	Shots	Fouls	Fouls	Pts.

TIME OUT _____

REDS

PLAYER	No.	LONG		SHORT		Foul	Pers	Tech	Total
		Shots	Bskts	Shots	Bskts	Shots	Fouls	Fouls	Pts.

TIME OUT _____

THE SHOOTING CHART

CHAPTER VI

THE SELECTION OF PLAYERS FOR THE POSITIONS

A coach will have enough of a problem to win basket ball games with the best material at hand that he will not be in position to show any favoritism in his selection of men. One of the first qualities to look for in the men under consideration is the amount of competitive instinct and courage they possess. This competitive spirit is what takes them on the floor with the desire to meet the best the opponents have to offer. This type of player will have a little fire and sparkle in his eyes before a hard game. Courage is that attribute which will carry him through, when situations and conditions are at their worst. This type of player knows that it is darkest before the dawn and by "hanging in" he will be there to see this coming light.

The spirit of sacrifice is also a quality to look for, since all players must "give" during the season, if it is to be one crowned with success. There is nothing in the idea that the giving up of sweets, tobacco, and time for practice is a sacrifice, since the player is receiving big dividends through his participation as one of the team. The manhood and character he is developing are incomparable to the little things he is giving up and they cannot be measured in dollars and cents. Sweets and tobacco do him no good; the extra sleep he is supposed to get is to his advantage and the time he spends in practice will very likely have been wasted or even spent to his detriment. In reality he has given up nothing. The real spirit of sacrifice means his willingness to give all that he has for the success of the team and a desire to acquire more attributes, both moral and physical, to add to this total. This type of boy will be a great aid, since it will relieve the coach of the necessity of trying to build this quality, when his time is so valuable in the development of the physical side of the game.

The players must now be considered for their ability to play

basket ball. Every school has a great many boys with the proper courage and spirit of sacrifice, who cannot play the game good enough to make a successful team. There is no desire to represent that any one with the proper attitude only can be made into a good basket ball player. There have, however, been good basket ball players who were of no value to a team because of the lack of these moral qualities. Men of correct moral and physical ability are few and far between. It is a positive fact, however, that in the long run a team of proper spirit and mediocre mechanical ability will be better than a team of perfect mechanical players without the proper moral fiber.

As a general rule the big men are better than the little men. The small active type of players will appear to advantage early in the year since they move faster and have, as a rule, better muscular control. The physical strain of the season will gradually wear down the small man while his bigger and slower competitor has gradually improved in his ability and withstood the strain much more easily. It is a difficult matter to get five big men to move but slowly and awkwardly as a unit. One player of the small fast moving type will help to a great extent to speed up his four big teammates. The team as a whole must be considered from an offensive and defensive angle. Sometimes it is necessary to make a sacrifice in defensive strength to build up more offensive punch or vice versa.

Forwards

The style of offensive play to be used will determine to a great extent the type of forwards to be selected. They may be available or may have to be developed. It is usually poor policy to have both forwards of the same type. Their game will be so similar at all times that the defense will be able to stop them more easily. If one big rugged forward is used as a key man to the offense and tip shot artist, the other forward may be of the fast moving type. He should be able to cut for short shots and have an accurate eye for baskets of medium length. He will get plenty of the latter shots, since his guard will play a considerable distance from him to protect against his cuts with the more dangerous short shots following. This forward should be a good

defensive man and very likely will be, since he apparently has quick reaction. He will not drive the offensive back board as much as the other forward and will thus be in better position to go back on the defense. This type of forward is more easily found than his teammate.

The big forward should be a good handler of the ball. He should be the key man of the offense and an influence for steadiness. He should see the opportunities for plays as they develop and pass to the right man at the right time. If conditions are not right for the successful execution of the plays, he should pass the ball back into defensive territory to permit the play to be started over again. If the plays his team are trying to execute are wrong, because of the peculiar type of defense being used, he should have time called and explain the situation to his teammates, making the necessary changes. This necessitates that he be a keen student of the offensive game and some defensive ability on his part may be sacrificed.

Centers

Height and jumping ability are the first considerations in the selection of a center. He must, however, have some offensive and defensive qualities to go with his ability to control the tip-off or he will prove quite a liability. If he will be of no advantage after the jump, the control of the center tip-off had better be sacrificed in order to use another player, who may offset this loss with his ability to add strength to the team after the jump. Some centers, who are weak in floor play, may be made into efficient back guards where their height can be used to advantage again. They should drop back immediately after the tip-off to a defensive position. This will permit the use of an extra forward, who will take the regular center's place on offense.

When a center has been found, who in addition to his controlling the tip-off can play good defensive and offensive ball, many difficulties can be solved. He may be made into the key man of the offense taking the place of the big forward, who may not be available. In this situation both forwards may be of the fast moving type. If he is a good defensive man his height will come in very handy. Under these conditions he will get considerable

work, and care must be exercised that he is not overworked in practice. A tall rangy center will usually not have the stamina to stand the long grind that his teammates can. He is considerable of a prize and should be guarded jealously.

Guards

The guards are the backbone of a team. The baskets scored by the forwards of a team are assets only as the guards can hold the forwards of the opponents to a less number. They should be selected first of all for their defensive ability and be big and rugged enough to stand the pace. Whenever possible they should be selected so that one will have the qualities of what is called the back guard and the other the qualities of a floor guard.

The back guard should be responsible first of all for the recovery of the ball from the defensive back board. After recovering the ball, he should be able to get it away from this dangerous position and into the hands of a teammate for offensive play. He must be able to guard the best offensive man of the other team. He should be constantly in position as a safety man while his team has the ball in offensive territory. His offensive strength should rest in his ability to shoot long baskets and take advantage of a cut for the basket when it is presented.

The floor guard should have both offensive and defensive qualities. He should be able to cover a fast forward of the other team and help recover the ball from the defensive back board. His greatest offensive strengths should be his ability to dribble and his accuracy as a passer. He will be called upon to pass the ball through the defense to a teammate, which is a quality of utmost importance. Once this has been accomplished, he should be able to enter into the offensive team play with considerable success. Any time the loss of the ball is imminent or it has been shot at the basket, he should swing back for defensive play. Floor guards as a rule should score as many baskets as forwards.

When the qualifications of the guards are such that they cannot be classed as floor guard and back guard, their duties will become similar and they will be known as parallel guards. They will both assume responsibility for the defensive back board and take the ball down the floor for offensive play together. A situa-

tion like this calls for considerable collaboration and team play on their part and is usually an undesirable situation. In some instances it has worked out well, but in most cases it is better to have each man definitely responsible for each phase of the game.

CHAPTER VII

INDIVIDUAL OFFENSIVE FUNDAMENTALS

A. CATCHING A BALL

More balls are fumbled in the course of a game than one realizes. Wild passes and poor shooting are, apparently, more easily registered on the critic's mind than these innocent looking fumbles. A student manager, with a chart keeping check of all fumbles in the course of a game, will return evidence which usually surprises the coach and players. The bad feature of fumbling is the fact that it throws your team off balance and stride, even though you do recover the ball yourself, to say nothing of the fact that usually your opponents recover in the majority of instances.

Fumbling by the Receiver

There are many causes of fumbling. In the majority of instances it is the fault of the receiver. When one knows where to look for these causes, the cure in most instances is easily accomplished. The most common fault of the receiver is taking his eye off the ball. If the game of golf has taught the athletic fraternity nothing else, it has sold athletics the idea of "Keep your eye on the ball!" The peculiar element is, that as this tendency to take one's eye off the golf ball on the short and easy shots, so in basket ball, the shorter the pass the greater the percentage of the fumbles. Carelessness explains it, just as the so-called "easy teams" trip the good teams.

The fullback in foot ball two yards from the line of scrimmage will fumble the little lob pass from his center oftener than the same man will, when back ten yards in punter's position, with a bullet-like spiral coming to him. The partial reason for this is that on his close play when a buck is called for, he wants to see the hole in the line, so looks up. So in basket ball the short pass usually calls for another one at once and the receiver is already

looking for his teammate. His idea is commendable, the only trouble being that his eyes must be directly on the ball. His immediate target must be seen out of the corners of his eyes. In other words, he must be broad- or wide-visioned.

A second reason for the receiver fumbling is the fact that he does not spread his fingers enough. Have this man stand about ten feet away, with a teammate passing balls to him to his right and left, ordering him to catch them with one hand. This will soon teach him that the wider he spreads his fingers (within reason) the easier the catch will be.

This exercise will also correct the third fault of the receiver, which is stiff wrists and elbows. There must be some give at moment of catch. The wrist and arms are not to be crowbars but loose and liquid objects cushioning the ball, until its speed has gradually been absorbed while drawing it in to the body.

In the single and double short pass practice, diagrammed in this chapter, you are apt to find a player or two jumping off the floor at the moment of the catch. The player is trying, by the momentary halt of his body in the air, to cushion the speed of the pass, rather than using the give in his hands and arms. This causes him to fumble and also, what is more important, makes for jerky and unsmooth team play. He will be difficult to work into any high geared offense and should be corrected at once. Receive all passes while on the floor if possible. A coach must remember that this is the habit-forming stage and any faults a player commits in this easy work will be greater and more exaggerated in the heat of the regular games before a large crowd. No matter what you are practicing on the floor a player is continually catching the ball, offering the coach plenty of opportunity for correcting and the player the chances for improvement.

Fumbles Caused by the Passer

Many fumbles can be charged to the passer. His pass for some reason may have been too high, too low, or too far to one side or the other. The receiver may make this catch but, more often than not, his off-balance position will cause his pass to the next man to be wilder yet and in the end the ball will be lost anyhow. Stress, continually, the value of the ball and how the loss

of it hurts your chances. In this connection, it is well to observe that the shorter the distance the ball travels, the more accurate it must be on account of the short time the receiver would have to focus his eyes on it and shift his hands. It is equally as important that the long passes must be accurate, whereas, although the receiver has plenty of opportunity to move to it, so also has the defensive man a greater opportunity for interception.

The pass must not be too swift. A ball passed to a man standing still can be speeded up and should, in fact, to avoid interception. The receiver, having nothing to do but catch it, can and usually does. The difference comes in the case of the receiver meeting the pass, who now has to catch the ball while in motion and immediately pass, shoot, or dribble. Too few passers bear in mind that when a player is meeting the pass, he virtually doubles the speed of the ball coming to him. The type of passer who cannot practically float the ball out through the air in cases like this, will usually tighten up in the course of the game, so that at its climax, his passes are bullet-like. If possible get this man off the team. He will be responsible for the loss of many close battles that ought to be won.

It is just as easy to make short passes without "English" on the ball as it is to put on "English." It is much easier to catch a ball without "English," as it cannot twist out of the receiver's hand of its own volition. Let the ball leave the hands on all tosses with more of a push than wrist flip at the end. Open the hand down rather than up and a dead ball is the result. It is interesting to note that the player concentrating on this becomes more exact and his passes become more accurate. He gets that nicety of motion which makes him look nifty and becomes a model for the balance of the team to imitate.

Other Factors Causing Fumbling

It pays to have the team on the floor free from the habit of fumbling through causes of their own, because they frequently have to overcome difficulties over which they have no control. Many courts have lights too blinding, while others are too dim. The ball is often too soft, causing sloppy play. It may also be too hard, permitting no grip. A dirty ball is not nice to the

touch and gives a player the incentive to get rid of it as soon and in any way possible. Have all balls clean at all times and smooth to the touch. Correct all these contributory causes as much as possible, so they will pay dividends later. The more confident a team becomes through their knowledge that they do not fumble, the greater will this assurance develop their perfection in handling the ball as the season progresses.

B. PASSING THE BALL

Passing the ball, dribbling, pivoting, and shooting are the elements of an offense. In other words, the ball is advanced down the floor by the use of passes, dribbles, and pivots, and the score is achieved by the shot. There has long been an argument among coaches as to which offensive fundamental is the most important. Virtually all are needed, but there is gradually sufficient evidence developing to prove that the good passing team is the winner. This is so without a doubt, as a team of perfect passers, in theory, could take the ball right under their basket where any one could cage a shot.

True enough this has often looked futile and foolish when the team opposing you stands in the center of the floor and sinks five or six straight. Why bother to go through all the difficult work of sifting through a set defense when one nice long successful shot from the center of the floor is the finest short cut? The trouble with this method is that where a team can make five out of six shots good from the center one night, the next night twenty attempts do not connect. Then again, if that is all your opponents can do they can easily be stopped there. You must have good passing. It is something you carry with you every night, the same as iodine in the medicine bag. If in addition, you can have good shooting from far out, so much the better. Be like you were on your first trip to the big city, when you were a boy, and you split your money up, putting it into different pockets. Average all around strength is much better than top heaviness in one phase of the game.

A poor passing team will win few big games. They cannot control the ball when it is in their possession or execute the plays

they have built up. The least semblance of a defense will be too much of an obstacle for them. There is considerable tragedy in seeing a fine series of passes, dribbles, pivots, etc., about to culminate in a short shot for a basket, lost because of a poor pass. There is greater tragedy when the play has not even gone this far but a bad pass has been intercepted by an opponent, who dribbles down the floor with the ball, leaving your team off balance and not able to protect adequately.

Coach and teach the value of the ball. Drill and drill in passing. Show how it is physically and mentally easier to play a careful passing offense than it is to be on the defense versus most offensive teams. One chronic poor passer spoils teamwork, kills confidence, breeds dissatisfaction, and wrecks smoothness. Even good teams will have epidemics of poor passing. One bad pass will lead to a worse one. A steady, reliable key man is invaluable here. Staleness may creep in, causing bad passes. A lay-off is the best thing here.

Almost every pass is used during the season at times but a coach must select two or three which will fit the system he expects to use. The long pass game is based on the baseball and hook pass. The short pass game uses the one and two hand underhand pass the best. The snap or professional pass comes in handy at all times. All the others have their individual uses at various places on the floor or under certain conditions. Make all passing drills as interesting as possible. Do not practice it too long. Use different formations for the same results. Men will practice shooting by the hour but ten minutes of passing easily tires them. It is useless working when this stage is reached. Shift to some other fundamental and later come back to it. Make all your drills for a pass to a man meeting the ball, as there is plenty of passing to the stationary man during preliminary shooting practice.

Baseball Pass

This pass is made exactly as in throwing a baseball. It is used on most long passes, particularly to a man who has a cut for the basket and is some distance away. Some men are very accurate with it. A great majority cannot handle it. The objections to it are that it is telegraphed by drawing the arm back; that it is liable

to be a curve when released off the side of the hand; and that it is not accurate in most cases. A basket ball is a different implement than a baseball and except for very short work it is better to use two hands when possible. See Diagram 1.

The Hook Pass

This pass is comparable to the javelin throw in track. Once mastered it is very accurate for long passes. It is used some for short passes. It is usually used going away from an opponent but can also be used going toward one. In going away it is, of course, thrown over the right shoulder with left shoulder lowered. It must be thrown off left foot, turning by swinging right leg in a semi-circle to face you back in direction of pass. Jump off the left foot as the right foot swings around. The passer should light on his right foot. The arm is straight until just at the release of the ball, when it is slightly bent. Wrist and fingers turn down at release to prevent ball going straight up in the air. Whip it and lay into it! The ball must, of course, leave the hand while in the air or there is a violation for traveling. To practice it slowly, step away with the left foot, swing right around, jump and turn, whip the ball, light facing direction of pass. Most players pick it up easily.

Using it by stepping forward, merely step forward with left foot, drop left shoulder, swing arm as though it were a string with ball attached, follow through with right leg. If you want to withhold pass merely raise left hand against the ball exerting pressure versus the right hand. Left-hand players reverse all the above movements.

This pass has all the virtues and none of the faults of the baseball pass. It should, however, not be used by novices. It cannot be stopped by the immediate guard and is very accurate. It is invaluable when forced to corners or sidelines; in the backfield when pressed or for a long pass; after the back guard has taken the ball off the board and dribbled away; or to fake your guard off balance, previous to using another pass, by starting the ball and stopping it with the other hand. See Diagram 2 A-B-C.

Two-Hand Underhand Pass

This pass is a simple toss but its apparent easiness is too often the cause of its poor execution. Instead of a neatness and dispatch

Diagram 1

BASEBALL PASS PRACTICE FORMATION

Divide the offensive men into forwards and guards as diagrammed. The defensive men may or may not be used. The guards dribble the ball down the floor, O1 breaks out down the floor with X1 crowding him to intercept the pass. O1 executes a fast front turn toward side line cutting back to basket. X1 is caught out. O1 receives baseball pass from O4 and dribbles in for short shot at basket. Pass must not be too swift. Timing by O1 and O4 is very essential.

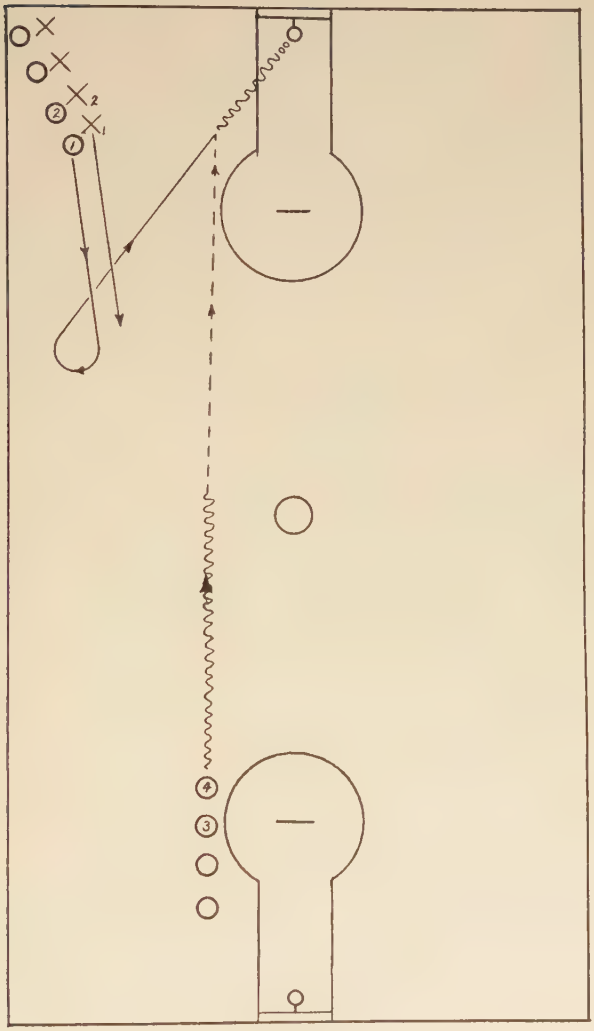


DIAGRAM 1
BASEBALL PASS PRACTICE FORMATION

Diagram 2

THE HOOK PASS PRACTICE FORMATIONS

"A"—O1 dribbles, being forced to side line by X1. O1 hook passes from corner to O3 who cuts for the basket, dribbles and takes short shot. Work both ways and vary work of men.

"B"—Hook passing from standing position taking only one step toward man. Same formation can be used for Snap Pass.

"C"—O1 dribbles 15 or 20 feet, makes hook pass back to next in line, O2 does the same while O1 returns to end of line.

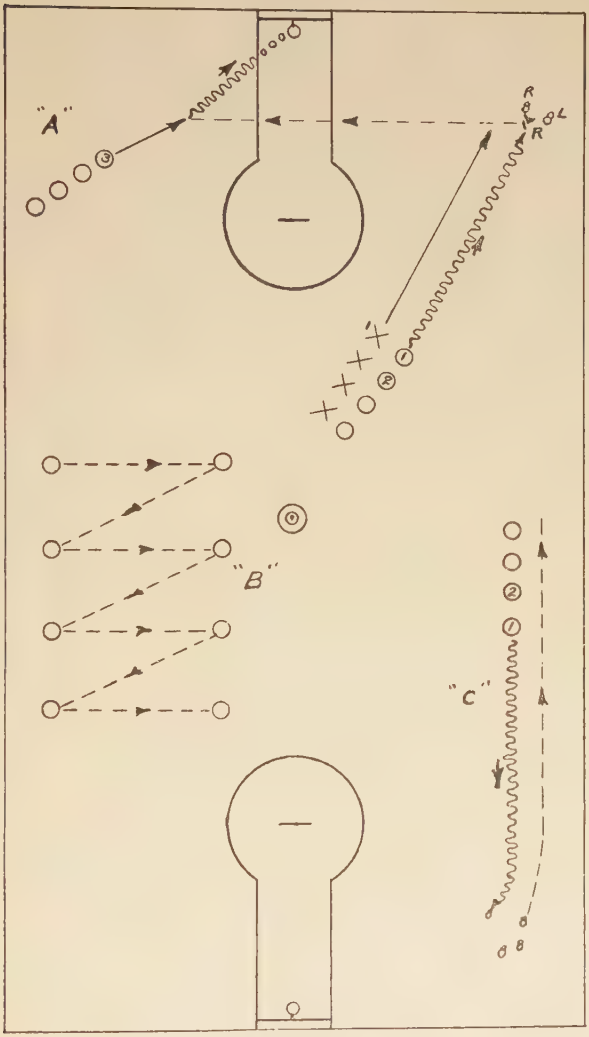


DIAGRAM 2
THE HOOK PASS PRACTICE FORMATIONS

in its handling, there develops an appearance of clumsiness. Since it is a pass which practically all teams use, it will pay to study it closely from the start rather than spend a few years of experiment with it.

The ball is held practically the same as it would be for an underhand shot for the basket. Hands to the side of the ball, fingers well spread and the cushions of the fingers holding it. Do not grip it, as this tenses the muscles of the arms too much. A fairly firm hold suffices and allows easiness of movement. The ball very likely was caught at the waist and to start a pass it should be carried to the hip away from the opposing guard. This naturally moves one arm directly across the body while the other will extend out and a little back. Remember to always step in the direction of the pass and follow through with another step at least.

Most players have the fault of lowering the ball to the knee to pass. This is similar to a wind-up and telegraphs the pass. It also puts "English" on the ball and causes the receiver to look down at the floor watching a ball come up to his waist line. Every inch it is off at the start increases proportionally, bringing the ball to the receiver too high or too low, causing him to straighten up or stoop too low. A ball passed too high in this case is easily fumbled, for there is not much chance for give on passes at the chest. The ball, from hip bone of passer to waist of receiver, comes parallel to the floor, which makes for confidence of the receiver, permitting him to use his wide vision for the next play. This becomes impossible if he has to look down to the floor for a pass coming up.

Let the ball leave the hands with more of a shove than snap by using more forearm than wrist and fingers. This is more accurate and, if the hand is opened a little downward, sends a dead ball. Keep your eye on the ball until it is in the receiver's hands. You should be in motion when making this pass and most of the time the receiver should be meeting it. There should be no loop or arch to the pass. Twelve feet is the maximum distance it should be passed. This, of course, permits two men, who are twenty feet apart but in motion toward each other, to still use that distance handily.

The advantages may be summarized that first, it is easily con-

trolled; second, that it can be passed quickly, since it is passed from practically the same position it is received; third, that it is hard to intercept; fourth, it is not easily fumbled; and fifth, that you are in fine position to bounce pass, pivot or feint. There can be no objections to it if used as described above. See Diagrams 3, 4, 6, 10.

One Hand Underhand Pass

This pass is a little brother to the two hand pass, being used for shorter distances. There are times when two players meeting are so close that the receiver will fumble, unless the ball is merely floated in practically a stationary spot in the air. It is easier to pick this ball out of the air than to have a perfect two hand pass to focus on or even to have it handed.

Up to the time of delivery everything is the same as the two hand pass. The difference now comes in that one hand is underneath the ball and slightly back. The wrist may even touch the ball at times. The delivery is just a snappy shove with wrist action and final finger flip. Up to the final flip the action of a bowler quite aptly describes it.

Except that it is not quite as sure, the advantages are the same as the two hand pass, with the additional feature that for close work it is better. See Diagrams 3, 4, 10.

Quarter Back Pass

This pass has been adopted from foot ball and is the same as a quarterback feeding the ball to a fullback going into the line. The fact that the receiver in basket ball cannot carry it makes for frequent fumbles in his eagerness to get the ball under control. It is used almost exclusively by a dribbler, after a pivot, to feed to a hard driving trailer or a pivot man receiving it from a teammate on a double pass for a block.

First of all the passer must protect the ball by a crouch or by holding the ball away from him. In passing it must be fed with the near arm. This arm acts as a hinge, causing no bump or shock and can be held on the ball as it is carried away by the receiver.

The receiver must go low to keep the passer's guard from slapping it as it is handed. He must carry his arms, palms facing, across his body. The ball is put between these palms and leaves

Diagram 3

SINGLE PASS PRACTICE FORMATION

Players must be in even numbers and facing about 25 to 30 feet apart. Both the one and two-hand underhand pass can be used. Players should travel at top speed after the pass has been perfected. After receiving and passing the ball each man continues to the opposite side. The return should be started without delay. If two or more combinations are going at once stimulate competition by seeing which group can go the longest without fumbling.

Single Pass Practice Formation

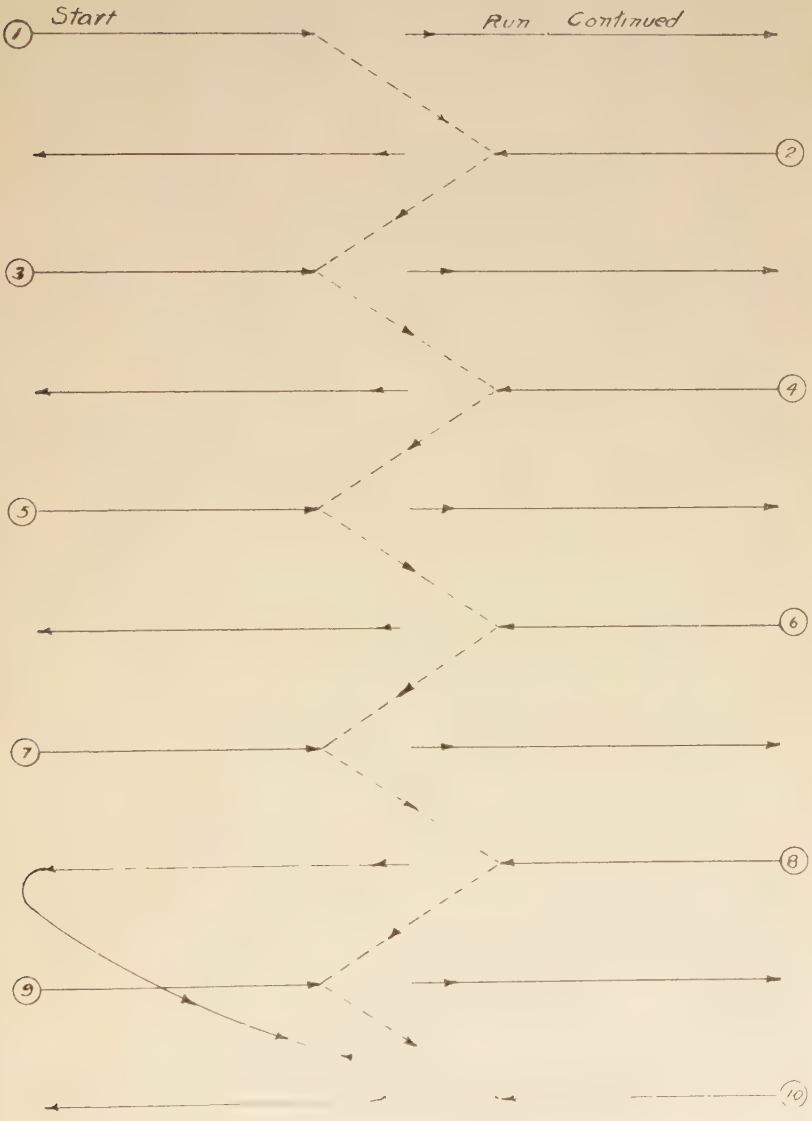


DIAGRAM 3

Diagram 4

DOUBLE PASS PRACTICE FORMATION

This pass formation for both the one and two hand underhand pass practice should not be used until players have perfected the single pass formation in Diagram 3. It is exactly the same except that each man handles the ball twice going across. Once the idea is mastered the players prefer it since it is more interesting. It keeps them alert. Walk through it as per the legend on the diagram after which it can be speeded up.

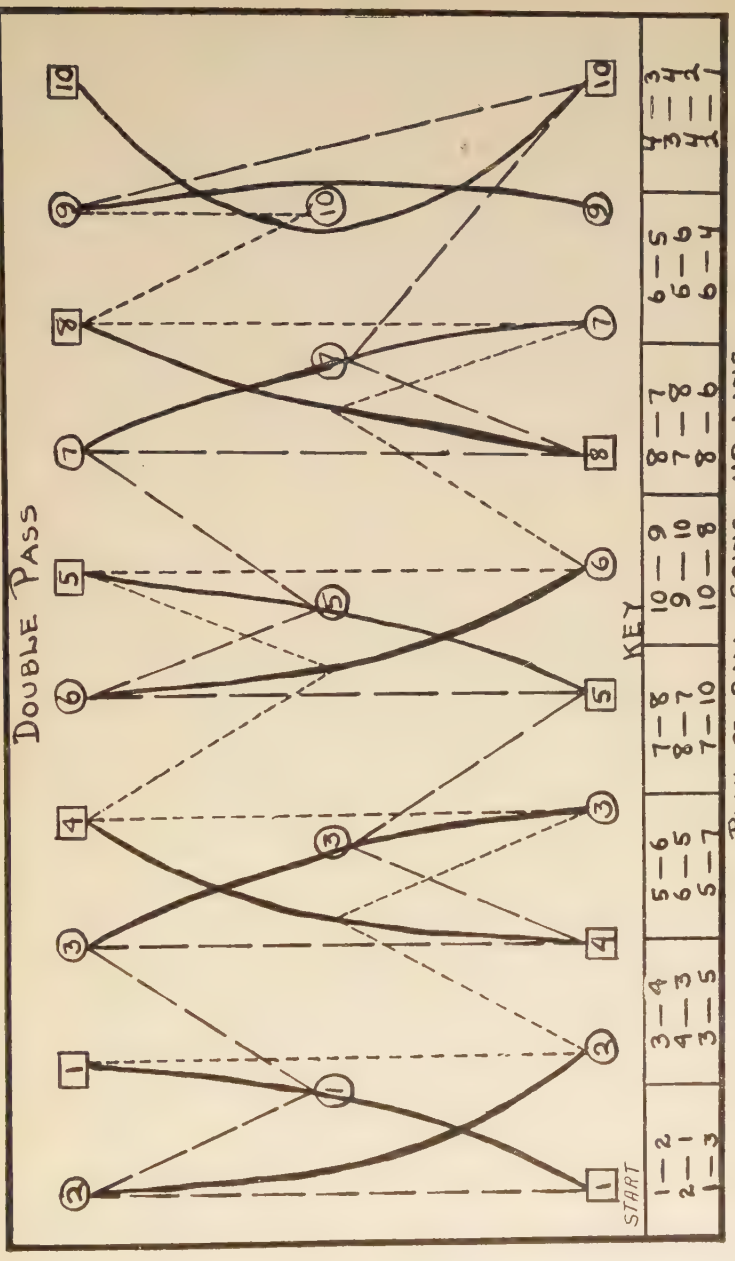

DOUBLE PASS
START
1—2
2—1
1—3
3—4
4—3
3—5
5—6
6—5
5—7
7—8
8—7
7—10
10—9
9—10
10—8
8—7
7—8
8—6
6—5
6—6
6—4
4—3
3—4
2—1
KEY
PATH OF BALL GOING UP LINE
PATH OF BALL RETURNING
PATH OF MAN FROM ONE SIDE TO OTHER

DIAGRAM 4

the receiver in position to start his dribble in a step. A great deal of practice is necessary for the combinations likely to use this pass. See Diagram 5.

Professional or Snap Pass

This pass is used by professionals a great deal. It is executed differently by practically every one. It is similar to the chest shot for the basket, and executed practically the same. It calls for wrist snap and strong finger flip. It is quick and can be passed across the width of the floor easily. The arms may be started straight forward and suddenly turned right or left with the pass going at right or left angles. This shows its feinting possibilities. It should be used by one stationary man to another. It is safe in this respect because it can be easily held back at the last instant; secondly, because it is swift; and third, because it is accurate. See Diagram 2 B.

Bounce Pass

The bounce pass fits in nicely with the short pass game and the type of pass recommended for this game. It usually is used to pass the ball by a defensive man in front of you. It is especially advantageous against a zone defense. It is practically unstoppable by guards in this case and very wearing on them, if they continually go after the ball.

The execution is the same as the snap or professional pass with the exception that the ball is bounced to the floor before the receiver catches it. The difficulty comes in putting the proper "English" on the ball, for here is a pass that needs "English." A short bounce pass to a man meeting the ball must have reverse "English" on it. This reverse "English" causes the ball to bounce straight up in a dead fashion, making it easy to handle. To put on this "English" merely rotate the thumb down in releasing the ball, twisting or twirling the ball so its rotation is toward your body. Positive "English" is accomplished in exactly the opposite rotation. This ball will speed up when hitting the floor and bounce a considerable distance. The trouble is that, in this case, the ball increases its twist, making it difficult to handle. The objection to bounce passes as a whole is the fact that it makes players receiving

the pass look at the floor. As a rule, players do not like to use it but it has some good points. See Diagram 2 B.

Bat or Tip Pass

The bat pass is merely a deflection of the ball off the receiver's hand to a teammate. The occasion usually presents itself on plays near the basket when the offense has two men versus one defensive man. The pass, going from the man farther out to his teammate nearer the basket, calls for quick and close action by the guard to prevent a shot. The first passer cuts to the other side and receives the pass in return, which in reality was but a deflection of the ball off the hand. It is speedy and very good when properly executed.

One and Two Hand Shoulder Pass

This pass is executed with a fall away movement of the body by a closely guarded man in many cases where the bat pass would have been a little too soon. It is frequently used by the passer who has the ball out of bounds, except for the fall away effect. Any pass caught above the head which cannot be lowered will call for this execution. In the case of one hand the shot put delivery is used while the two hand execution merely requires a little wrist flip. It is seldom practiced since its occasion for use is so infrequent and its execution is native with most players.

One Hand Back Pass

This pass was used considerably in the free scoring days of a few years ago and before players were versed in the pivot. It frequently happens that the passer is blocked by his man in front and a short pass to a cutting teammate to the side is required. Years ago players often merely passed the ball behind their backs to avoid interception. Now most players will play safe by using a three-quarter pivot and the underhand pass. It is still seen occasionally but only used by specialists. There is no doubt that it is surprising to the opposition.

C. STOPPING

It is very necessary that all players on the team be able to stop quickly. It is especially valuable to a dribbler. In fact, any man

Diagram 5

QUARTER BACK PASS PRACTICE FORMATION

This formation is also good for practice in dribbling and short shots. It can be made very peppy and players should be encouraged to cut for all they are worth. O1 who has recovered the ball, passes to O4 who passes to pivot man O2. O4 follows his pass taking quarter back pass from O2 and dribbles in for short shot. O2 front turns and follows in for rebound tip shot and recovery for pass out to O3, O5, O6 or O7. O4 hustles back to pivot post on free throw line. O2 lines up with men out in front for next turn.

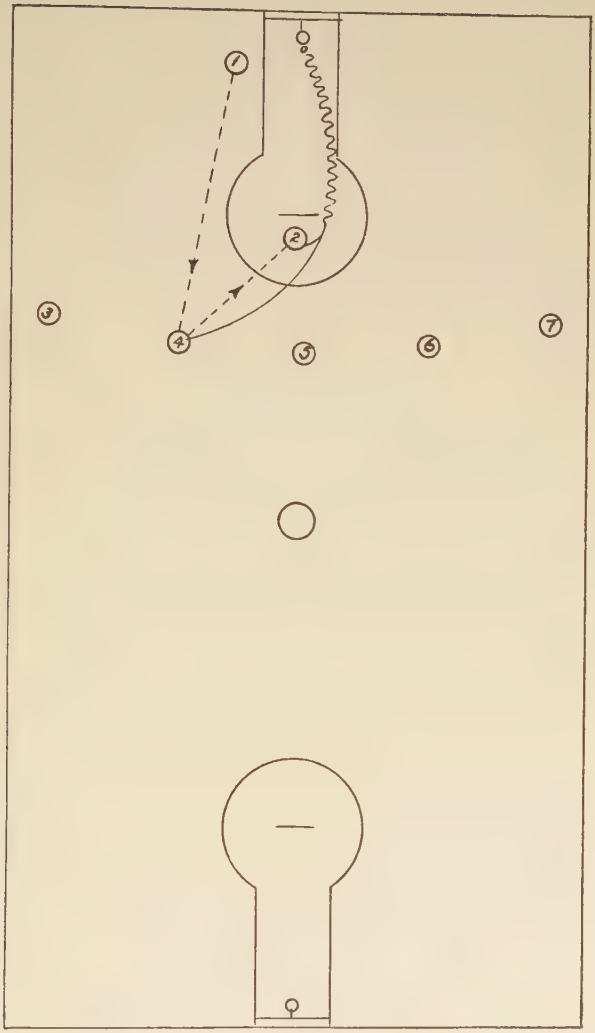


DIAGRAM 5
QUARTER BACK PASS PRACTICE FORMATION

who cannot stop quickly will never make a good dribbler. When a player starts on a dribble with confidence in his ability to stop quickly with the least warning, he is able to enter into his duties toward this dribble with more abandon. There are three methods of stopping.

The Hop Stop

The first method calls for a little hop at the moment of stopping with feet well spread and even, knees in and slightly forward. The stop is taken care of by lighting on the inside of the balls of the feet. The point in having the knees slightly forward helps take up the shock of the sudden stop. Although this stop has been used very successfully by a number of teams it is both difficult to teach and, even after having acquired the knack of it, it is hard to get players to use it in a game. Having to take the hop just before stopping does not give the player of average reaction time enough to stop before charging into the opposing guard. Coupled with this, the fact that he has to pick up the ball at the completion of the stop gives him plenty to worry about. In addition, it is very hard on the knees.

Stopping in Stride

The second stop may be called stopping in stride. Since the dribbler is coming down the floor in a low crouch and knees bent it is quicker and easier to stop in stride by merely placing the forward foot at that time out a little farther, while the knee of the back leg rides almost to the floor. In this way, he can pick the ball up on its rebound so close to the floor that the opposing guard dare not try to get it himself, since it will put him too far off-balance. The dribbler is now left in better maneuvering position than in the former stop. It is obvious that since his feet are in stride position, that by pivoting off the front foot he can gain more distance to one side and forward than if his feet were on an even keel. By pivoting off the back foot he can gain more distance backwards and to the other side. This obviously puts a bigger problem up to the defensive man. The difficulty in teaching this stop centers in the fact that most players have their shoulders so far ahead of their feet when stopping that they fall over forward.

COMPLETION OF A SIDE-STOP

This can only be eliminated by coaching the dribbler to hold his shoulders back and permit his hips only to go forward on a line parallel to the floor at the instant of stopping.

The Side Stop

The third method is called the side stop. This is without doubt the safest and quickest of all the stops. It is also the easiest to teach and execute. At the same time a player has more coming at the end of the stop since he is in position to use both a turn or a pivot.

In practically all cases a dribbler is being forced in his approach to the basket toward the side-line. This angle toward the side-line will vary greatly in all instances. To stop in a case like this, the player makes a partial front turn which puts his back directly to the guard. In addition it is keeping the ball safe by leaving the body of the dribbler between the ball and this opponent, who has designs on it. Knowing all this the dribbler's mind remains free and easy. The stop is all he has to execute.

In making the stop, the dribbler must light on the trailing foot which is brought up with a hop and placed slightly in front of the forward shoulder and with the forward leg extended. The knee is well bent to take up shock, and the shoulders are dropped back. Momentum will still carry the dribbler along and this is gracefully taken up by letting the forward foot come to the floor as a brake. The first foot lands on the outside of the sole of the shoe, the second foot uses the inside. The ball is picked just after the second foot hits. In most cases the stop is so easy to perfect that dribblers can keep dribbling in place instead of picking the ball up. The advantage of this lies in the fact that the guard has an additional burden placed upon him.

At the completion of the stop the player is in the same position that users of the first two stops find themselves at the completion of their stop and also a pivot. The player in the side stop can now use a front turn off either foot when making a pass. Most players prefer to pass at the end of the front turn rather than pass at the end of the pivot. Most players also prefer to make a turn rather than a pivot. They are now in a position from which they like to work, thus creating good psychology. By making a

pivot off the front foot into the guard they come to a position which enables them to pass to a teammate near the basket, assuming that they were driven toward the side-line in the first place.

To use this side stop when approaching a man directly in line between the dribbler and the basket instead of stopping directly in front of the opponent, the dribbler should angle to either side in an effort to go around. If the guard does not cover him properly, the dribbler can continue on his way to the basket. If the guard goes with the dribbler as he should, then nothing has been lost in the attempt and the opportunity for the side stop as explained is presented. This slight additional threat is worth considering.

It is well to work all players for a few days on all three stops, letting them decide of their own accord which they would rather and can use the better. Too much time is spent in coaching basket ball teams with things that are either impractical or never used in a game. Where practice time is so limited and valuable, it is well to devote as far as possible all practice time on proven things, since enough of it will be wasted in spite of one's good intentions.

D. PIVOTS AND TURNS

Pivots and turns are as a rule easy to teach but it is difficult to get players to use them in a game. Pivots and turns are very different in their execution and are sometimes confusing. They are frequently called rear pivots and front turns. This more clearly describes their direction since a pivot is executed by swinging backwards, and turns are executed by crossing one foot in front of the other. Pivots as a rule are used when approaching a defensive man between the player and the basket, while the opportunity for a front turn is when an offensive player wishes to elude a pursuing guard. The turns are most often made when being forced to the side-line or when breaking out from the basket. Pivots are used almost entirely to protect the ball from any man between you and the basket.

The execution of a pivot is as follows. After coming to a stop and making sure that the ball has been picked up after the stop, a player is entitled to a pivot. It is usually executed toward the side-line since the defensive man will very likely be favoring

Diagram 6

STOPPING PRACTICE FORMATION

Once the principle of the stop has been acquired it is better to combine it with other fundamentals in practice since it is always preceded and followed by these actions in a game. Diagram 6 combines the dribble, turn, and pass with the stop. The formation is an aid at the same time to the guards in dribbling and short shots. After dividing and placing the men as shown, let O1 dribble to an imaginary defense, pass to O5 who dribbles across the floor to position where he executes the stop, turn and passes the ball with a two hand underhand pass to O1 who followed his pass and continued on as in a guard around play. He dribbles the remaining distance to the basket for a short shot.

This formation is also excellent to teach timing. If all the men are to work each position at this time, O5 will line up back of O4 and O1 will take his position back of O8. If the forwards and guards are definitely separated they will return to their own lines.

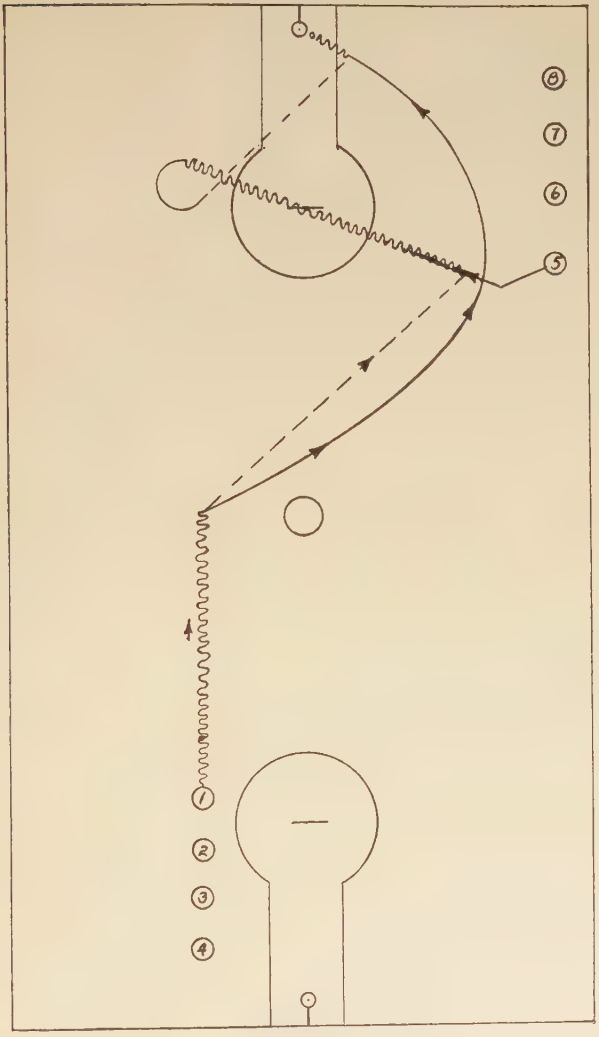


DIAGRAM 6
STOPPING PRACTICE FORMATION

the line between the pivoter and the basket. It resolves itself down to a rotation on one foot. Pivoting to the left means that the left foot will remain in contact with the floor while the right foot will provide the impetus for this revolving. In this case, lay the left shoulder forward and down a trifle, and shove off with the right leg bringing the right foot around behind the left foot. The pivots can be made any number of degrees. If in the above case the right foot is stopped directly behind the left foot a one-quarter pivot has been used. Ground has now been gained backwards. If the right foot has continued on its arc until it is exactly opposite the left foot toward the side-line a half pivot has been made. This is gaining ground sideways. If, however, the right foot had continued further in its arc, stopping in front of the left foot, a three-quarter pivot has been made. This pivot is frequently used to block off a defensive man while giving the ball to a teammate, who is trailing. Pivots to the right are made by merely reversing the duties of the feet as described above. It is important to carry the ball on the hip farthest away from the defensive guard. Not many guards will attempt to reach around to take this ball away; however, if they do, it is only necessary to hold the ball away from the body and a little down, in which position it cannot be reached. See Diagrams 7B-10.

Remembering that front turns are executed to get away from a man behind you, it is obvious that if the same movement is executed as in the pivot one would be turning directly into him. In this case, after the stop, a player wishing to turn to his left will merely lean over toward the left while dropping the left shoulder. At the same time he will shove off with his right foot, crossing it in front of the left foot. The distance this right foot travels depends upon where the player wishes to go, and it is obvious that this foot should touch the floor when it reaches the place where it points to the direction desired. The next step is with the left foot. In all pivots and turns, the foot describing the arc can cut across this arc, if the pivot or turn is of few degrees. On all half and three-quarter pivots and turns the foot had better describe a complete arc to make the movement smooth. See Diagrams 7A, 8, 1, 6.

Many players will combine the pivot and the turn for ma-

neuvering the defensive man out of position. In other words, in the case of the half pivot, he often finds that his opponent has shifted over so far that he is effectively blocked from doing anything at that place. Now if he executes a quick front turn bringing him back exactly where he left at the start of the pivot, he will usually find that inasmuch as the guard had overshifted, he will not get back in time to stop him at this original position. In the same way, a front turn followed by a quick pivot will give the same results. In other words, a turn cancels a pivot, just as a pivot cancels a turn if the same foot is fixed to the floor.

E. DRIBBLING

Two years ago the Rules Committee legislated against the dribble but such a wave of protest swept the country that the change was rescinded. There is no doubt, at that time, there was some argument in favor of abolishing the dribble. To a great extent, this threat of removing it from the game has corrected its biggest objection. This objection was that it made the game too rough. There is very little doubt that for awhile the officials gave all the advantage to the dribbler and the least contact between him and an opponent usually resulted in a foul being called on the defensive man.

This attitude toward the dribbler has been completely reversed and the burden of proof has been placed upon him. Any contact now between the dribbler and a defensive man is too often called against the dribbler. The foul becomes even more serious, in as much as he not only lost the opportunity for his team to score but has given up the ball and even though the free throw is missed, has lost position on the floor. This heavy penalty has practically cut its use down to a defensive measure rather than a serious offensive threat. Back guards use it to get away from the basket after recovering the ball. Forwards use it to keep from traveling after receiving a pass while in motion, with no immediate teammate to pass it to. Whereas, it is still used to bring the ball down the floor to a set defense, it has ceased to be a serious threat. Of course, a man getting the ball on a cut for the basket still makes it pay dividends.

Diagram 7

PIVOT AND TURN

"A"—This diagram illustrates a front turn of 180° to the right. Notice that the left leg has crossed in front of the right. The right foot has rotated on the floor until it is facing the opposite direction. It is very evident that if a man had been chasing the player making the turn, he would have gone by. If the original direction had been toward the basket it would at least leave the guard in the correct defensive position,—between his man and the basket. If the original direction was away from the basket the guard will now be in a poor position. In either case the player making the turn is in position to get rid of the ball in fine shape.

"B"—This diagram shows a rear pivot or turn of 180° to the left. It is very evident that the pivot was used to keep from turning into a player whom he has met. Therefore the dribbler turned away which is the pivot. The same step back in the same route will be a turn and put the pivoter in his original position. A quarter pivot more would have been a three-quarter pivot, and a quarter pivot less would have been but a quarter pivot.

DIAGRAM 7
PIVOT AND TURN

Diagram 8

FRONT TURN PRACTICE FORMATION

After lining the offensive and defensive men as shown in the diagram O2 and X1 break out for a pass from O5. O2 tries to catch the pass with both feet on the floor. In other words, he wants to be stationary when he receives the pass although he came out fast to meet the ball. This sudden stop will leave the guard off balance and O2 has a dribble, pass or shot coming. If X1 is off balance sufficiently O2 immediately turns to the weak side and dribbles back for a basket. If X1 is not off balance O2 will feint the ball and a turn, in an effort to get him out of position. He then turns, dribbles and uses the hook shot from the side.

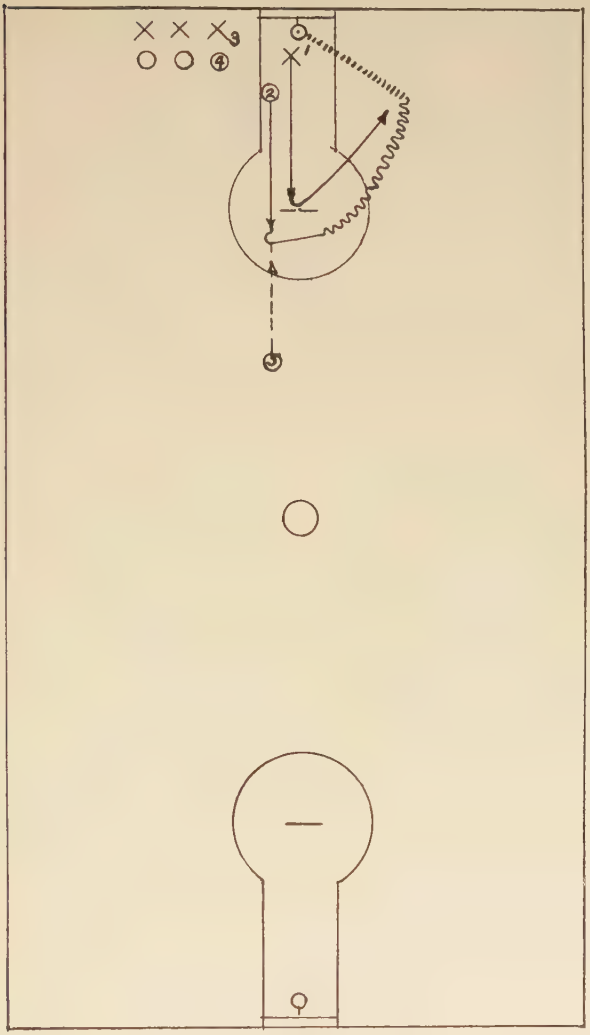


DIAGRAM 8
FRONT TURN PRACTICE FORMATION

Star dribblers are born that way but all others can be improved. Knowing when to dribble and when to stop a dribble are still problems to coach after one has learned how to dribble. Too much dribbling will hurt your team as much as too little dribbling will weaken it. Too much dribbling means individualism and spoils team play. This breeds discontent among teammates.

In starting a dribble too many players travel with the ball. This is because they raise the ball in the air while starting their feet in motion. Merely turn the ball over in your hand, wherever it is, and push it to the floor directly in front. Until a change of direction is called for, the ball should always be centered in front of the dribbler. If dribbling keeps you so busy that your head cannot be up and eyes ahead, you are playing blind and should not use it.

The ball should not be batted or slapped but should be guided to the floor with just a little wrist action. Fingers should be well spread and the hand cupped. Keep the fingers and wrist flexible and get the ball on the upward bound as soon as possible, allowing the hand to ride up with it. Some players use alternate hands to change direction while others cannot do this. On the whole the dribble should be low, although it is not necessary in bringing the ball down the floor to a set defense.

At the completion of a dribble a player must be able to stop suddenly. He must also learn to pick the ball up after this stop. This is necessary to allow him the step he will need to pivot, pass or shoot. This will be difficult to learn at first, since he will be so busy stopping, but will be gradually acquired, particularly if he is shown often enough that he has no step coming, when picking the ball up too soon. Once he has command of the stop the balance of the maneuver will come easily.

From the foregoing, it will be readily seen why there are so few good dribblers. The dribble requires every offensive fundamental in basket ball under perfect control. He must be able to start quickly, handle the ball, dodge, stop quickly, pivot or turn and then pass or shoot. Therefore, dribbling practice can teach all fundamentals and in addition is a fine conditioner. See Diagrams 1, 2A, 2C, 5, 6.

F. FEINTS AND FAKES

Some men naturally possess the faculty of pivoting, turning, and stepping forward and back when they have the ball in front of a defensive man. At the same time they feint the ball for passes in many different directions, and combine it with threats for a shot at the basket. Other players are mere posts on the floor with the ball in their possession. The defensive player knows by their first action when they are going to pass and where they are going to pass. This passer even looks at the exact teammate

START OF A DRIBBLE (MYRON)

FINISH OF A DRIBBLE IN STRIDE (ROSE)

he is going to pass to. As a result few of his passes get by even the first defensive man.

For awhile, there is no doubt but that the flashy type of player with his feints and fakes will throw off his teammates as to when to cut for his pass. If it is difficult for teammates to ascertain this fact, it is doubly difficult for opponents who, at the most, will play against him but twice a year. In most cases the teammates soon get used to his style of play, and all are the better for it.

The two best ways to develop this feature are first, by putting

the man with the ball in the middle of the floor with a guard in front of him. Now by feints and fakes have him try to get the guard off balance enough to enable him to dribble by for a shot at the basket. This is also good practice for your guards. The second method is practiced by placing two teammates about fifteen feet apart with a guard directly in line and in front of the man with the ball. His job now is to get the ball by the guard into the hands of his teammate.

G. CUTTING

Cutting is that quality some offensive men have to pick up speed so suddenly as to leave their opponent behind in a break for the basket. It is one of those valuable traits which some men have while others do not. It is also very difficult to devise any practice formation for it. A man with a cut has the advantage in all his other maneuvering, because his guard is so afraid of this cut that he will not crowd. A defensive man will overshift on non-cutting men stopping their immediate intentions without fear of loss from their weakened position.

Speed and a quick pickup are very vital in obtaining cuts, but slow men have done remarkably well with this feature by using their heads. They can catch their guard off balance, asleep, or sometimes, using their own bodies as a partial block, get away for a cut to the basket. A team composed of men who cannot cut is not difficult to defeat. A team may have men who get many cuts for the basket who will often be overlooked by their teammate, who has the ball. Front turns and pivots are of some aid in getting away. In the final analysis, this feature of the game must be preached and sold to the players at all times. After seeing the advantage obtained they will gradually realize how much more valuable their regular attack becomes, if it is combined with cuts as they are offered.

H. SHOOTING

Shooting baskets along with dribbling are the two most spectacular features of basket ball. To a large extent shooting is a gift,

in as much as many players incapable of making an ordinary basket ball team are far superior shots than many players on excellent teams. The trouble is that they cannot do anything but shoot. It is, however, interesting to note that, whereas, in many phases of sport a player will not do as well in competition as in practice, shooting baskets is not one of them. Ordinarily a player, who is a poor competitor in all other angles of the game, will almost invariably keep his shooting up to par during a game. This, possibly, is on account of the many thousands of baskets made in practice shots taken during a season, making it a habit hard to break in spite of himself.

It is difficult to change a player's style of shooting after he has finished high school. Many high school teams shoot exactly alike, but no college team can hope to do this. This is explainable through the fact that the high school coach, in many cases, starts these boys off on their career of basket ball and can break them all in the same. The college coach, at best, can only hope to change their style. In this connection it might be interesting to observe that even though only the better high school boys make the college teams, it is very doubtful whether a college team shoots any better than a good high school team.

Bearing this in mind there should be considerable hesitation to changing style. It is, of course, good policy to eliminate obvious faults and these usually can be taken care of. Completely changing a style is another question, if only for the reason that it creates loss of confidence. A great deal of shooting success is the result of confidence. At best, changing styles is a slow process.

Three essentials make a shot for a basket a success. They are first, height of ball; second, distance; and third, direction. Exact application of the ball in the air to these three dimensions accounts for two points.

Height of Ball

Of the three there can be some variation in height, but distance and direction must be perfect. Many players shoot with too little arch, while a few arch too much. It takes little reasoning to figure out that the arch must be higher than the rim of the basket for the ball to enter. The same reasoning will prove

that the higher the arch, the farther the ball travels in its course. The low trajectory will be closest oftener, while the high trajectory will often miss by a wide margin. In the end, they will possibly be even in baskets. There is a happy medium to strive for and this should be seen and felt rather than having standards or ropes hitched to the ceiling to arch over.

Distance

Distance is a difficult problem and the coach can really do nothing for the player here. One cannot shove him if he is always

The Start of an Overhand Shot (Orwig)

short, neither can one hold him back if he is always long. Of the two, it is better to be over than short, for many baskets have been made on rebounds from the back board which were supposed to be clean shots. Usually a tense player shoots short and the excitable man will over-shoot.

There are other reasons, particularly on strange floors, such as lights, absence of balconies (if the player is used to them), back boards suspended instead of being mounted on uprights, low ceilings, as compared to high roofs, etc. A player has to battle this

out himself. It is also a good idea for the player, when warming up, to keep his eye on the rim of the basket between shots, as the distance can be studied in this way.

Direction

This is not quite the problem if he has his arch and direction under control. The coach by the first game has had enough time to get the proper arch into his team's shots. Since he can do so little in respect to coaching distance, he must get this direction idea sold to his players.

There is little excuse for a basket ball player being off the line in direction. This should be coached from the first day out. It must be dinned so often that players become ashamed of themselves for shooting right or left. Without this coaching, many men go through their entire warm-up period before a game and even during the game pulling every shot, say to the right. This should be corrected and then he has only distance to think of.

Shooting the line is only a matter of balance. From toes to finger tips nothing can be off balance. To try to counteract, say, with the left hand at moment of releasing the ball the fact that the right leg was off, is poor policy. Get everything right from the start.

Clean Shots and Bank Shots

It is generally admitted that it is better to shoot all shots clean as far as practical. This eliminates all consideration for loose baskets, different types of boards, "English," etc. In making a clean shot the player must watch the basket only, and only the two inches of the circumference nearest him. Concentrate on this arc and drop the ball over it.

In making a bank, the player too often half-heartedly makes up his mind it is to be banked and, as a result, the ball lights halfway between the basket and board in the crotch. Concentrate on the spot on the board on all bank shots and do not look at the rim. In this connection it is to be remembered that nine out of ten bank shots that miss are short. The player, making most of his shots clean, must now take into consideration that the ball has to travel farther. Instead of a straight route to the basket, it has

to go to the board first and back to the basket. It is much better to shoot bank shots with less arch and more speed than clean shots. This makes for more accuracy and the back board will compensate considerably for the arch and cutting the speed.

As a general rule the side shots should be the only ones banked. This area is best described by walking out from the end line of your basket down the side line until that point is reached, where the front edge of the basket is just in line with the far edge of the back board. Everything shot from here out can be played clean, since your basket has a full background or frame for good sighting. As you return toward your end line, however, you will notice that you only have part of a basket showing against the good background of the board, while the rest may be the wall of the gym or the people in the bleachers. This makes a poor clean shot, on account of this vision. It is better to bank all shots in this sector almost to your end line. Shots in the corners if taken, of course, must be clean for there is no angle to the board. Banked side shots are very accurate. See Diagram 9.

Overhand Chest or Push Shot

1. Hold the ball almost directly at its sides. This guides it easier. Some players have their hands too far back. It is difficult to keep the ball on the line in this case.

2. The ball must not touch the palm of the hand. The finger tip cushions are the most sensitive to touch and are the final guiders. Grip it easily. Baby it!

3. Have the fingers well spread.

4. Use a normal and free stance. Feet should be staggered. There is better balance this way than having them straight across.

5. Keep your eye on the spot. (Rim or board.)

6. Crouch slightly. Not too deep, not too little.

7. Keep smooth. No jerks.

8. Lower ball to waist. Elbows not spread too much.

9. Come up with arms and legs at the same time. Not too fast.

10. Bring ball up close to body.

11. Bring body up in the same plane as the arch of the ball. In other words, do not lean too far forward and shoot a high arch,

nor lean back for a low trajectory. Keep the plane of the body in the line of flight of the ball.

12. Release ball by rotating hands in, opening the palms to the basket.

13. Do not jerk at the finish.

14. Follow through with arms and step. It is poor policy to jump.

15. By following the flight of ball you will see where you belong for the rebound.

16. If every shot does not land on the inside edge of the rim it was a poor shot.

The Underhand Shot

This shot is easier to block but in general is more accurate. It is all right to use in long shots where time is available. Many good men shoot this way all the time.

The execution is the same as the chest shot except, where the chest shot is brought up close to the body, the underhand shot is swung away from the body, with but a slight bend at the elbows. At moment of delivery, the wrist flips the ball with the fingers guiding it. There is no rotation of the hand. This is usually used for free throws by most teams.

Underhand Snap Shot

This is virtually the fastest shot in basket ball and a combination of over and underhand shots. Use the underhand delivery to moment of release, then use the rotating action of the hand as in the overhand shot. Thus it combines the underhand swing for direction and the final touch of the fingers for accuracy. A shorter swing than the overhand and a quicker release than the underhand gives the speedier delivery.

One Hand and Two Hand Shoulder Shot

These shots are for around the basket and are the same as the passes of the same name. Use when crowded and a pass is impracticable. They are usually banked since arching them is difficult. Eastern players use this shot more than western men.

Diagram 9

Positions on floor for clean and bank shots

This diagram shows the best floor angles for the clean and bank shots. The area labeled "Bank" illustrates how far down the sides the basket does not have the background of the back board. Shots should be banked here. All other areas are all right for clean shots.

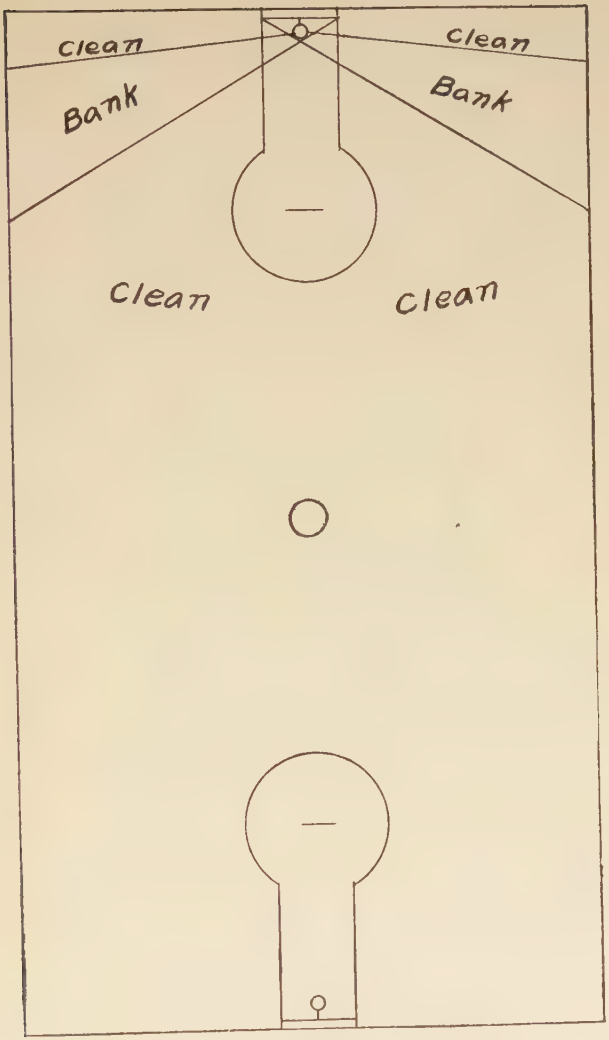


DIAGRAM 9
POSITIONS ON FLOOR FOR CLEAN AND BANK SHOTS

Hook Shot

This shot is also exactly the same as the pass of the same name. It is used less frequently than formerly, although some players attained a remarkable degree of proficiency in its use. Whereas there is no defense for it, on the other hand the player shooting is in no position to follow up his shot. See Diagram 8.

Dribble in Shots

It is well to practice all dribble in shots as fast as possible, so that in a game if one can go slower it will seem easier. Too many of these baskets are missed for fear of the guard behind him. If

The Start of an Underhand Shot (Barley)

after getting by the guard, the dribbler will move over in direct line between the guard and basket, he will eliminate all possibility of the guard stopping him without making a foul. This should automatically free his mind of any worry behind and permit concentration on making the basket. It will also permit him to gather himself for the last step by slowing up slightly. The ball must be picked up on the last step before the jump to the basket. Too many players make a broad jump instead of a high jump out of this leap.

It is essential that the dribbler make a hitch kick at the top of his leap. This makes him stationary in the air for an instant, if he has made a high jump instead of a broad jump. The ball is released at this instant. It should be started up with both hands but, as a rule, the shot should be made with one hand. Most players use an underhand shot, while a few will use an overhand shot. The underhand shot is a little more accurate.

When coming in from the side always bank the shot. When coming in from the front merely drop it over the front edge of the rim. One should not be very far from the edge of the basket when releasing the ball, if the jump has been made properly. This drive has very likely carried the dribbler out of bounds and he should hurry to get back in. Many practice formations using a pass, pivot, and dribble in, can be invented. See Diagrams 1, 2A, 5, 6.

Tip Shots

Tip shots and follow shots are very disconcerting to the defense and build up the morale of the team making them. In other words, many shots at the basket which have been missed with some teams mean that the defense can have the ball, while other teams are liable to convert this miss into two points. Carrying it still farther, you may yet make two points yourself instead of permitting the other team to go down the floor with the ball after two points for themselves. In the end, this may mean a difference of four points against you.

Bennie Oosterbaan of Michigan, leading conference scorer in 1928, scored more than half his field goals on tip shots. These were not follow-up shots of his own attempts but tip shots of missed field goals by his teammates. There is considerable knack in getting under the basket at the right time and place. These are labor-saving points and hurt defensive formations, particularly if the zone defense is used. It also minimizes the penalty of missed shots. When you combine the use of a tip shot artist with the drive of a follow-up man or two the defense immediately becomes so busy recovering the ball that all thought of a fast break is completely out of their minds. Proper coöperation between two of

these follow-up men will give many opportunities for held balls if the defense does recover.

The follow-up man must always jump for the ball and shoot while in the air. There frequently is a fine opportunity to pass to a teammate, if he can see him. The defense is naturally and quickly attracted to a man with the ball close to the basket that, very often, a teammate is left open just as close with a sure shot if the ball is passed to him.

General Shooting Suggestions

1. Pass rather than gamble on shots that are not sure to be at least close.

2. Have plenty of time on long shots or do not take them. If you do not have ample time to make long shots the defense is open enough to get short shots.

3. Follow your shots (unless you are a guard) for rebounds.

4. Keep balls clean and inflated to the proper pressure.

5. Get back in bounds quickly after going over end line on dribble in shots. You are of no value to your team out of bounds.

6. Practice all types of shots. Make your favorites better, of course, but also work at your weak spots.

7. Do not practice shooting too long for it does no good when the careless stage is reached.

8. Shooting contests are good as they stimulate game conditions with its competitive spirit and tenseness.

9. Try for each basket as hard in practice as in a game. The players who monkey in practice are the tight boys in the game. Be prepared!

10. Right-hand players should shoot off their left foot and left-hand players off their right foot. It is more natural.

11. The basket is bigger than it seems from the floor. Get a step ladder and climb up above it so you will realize it.

12. Do not let your practice shots rebound to the floor. Get in on them and up in the air. They will not fall to the floor in a good game.

I. FREE THROWING

Free throwing has always been an important feature of the game and is gradually becoming more so. Under the old rules when one man of each team was permitted to shoot all of their free throws, in most games the percentages of shots made were about the same. Under the present rules where each player shoots his own free throws, there is liable to be a considerable difference in the number of attempts made between two teams in the same game. The difference lies in the fact that in the former case two specialists were competing in a contest in which they were both proficient while in the latter case two squads are competing, with most of the members of both but average in their ability. Where any appreciable difference develops in the number of attempts made one team has considerably more of a burden placed upon it by having to make more field goals to make up this difference.

As better coaching and types of play spread over the country, the games are becoming closer all the time. In a few years, in well balanced leagues, there is not much doubt but that most games will be decided by a margin of one to five points. In fact right now, in these leagues, if one takes the trouble to check up he will find that most games which were lost could have been won if all the free throws had been made by the losers. Against strong defensive teams, who play little offense themselves, your team will have difficulty in scoring many baskets. At the same time this defensive team will, in many cases, commit a larger percentage of fouls making it more important that your team cashes in more than the average number of attempts. After this defensive team realizes that you are winning the game on free throws they will let up considerably in their defensive measures, thus permitting you to get your offense going.

Although a free throw is an easy shot for the basket the strain of the game and tenseness of the situation work against the player. Men who average twenty-three out of twenty-five attempts in practice—even though they are good competitors—scarcely ever come close to that percentage in a game. It is doubtful when all the averages of all the Western Conference players are compiled whether their percentage will be much over sixty per cent. This

Diagram 10

SHORT SHOT PRACTICE FORMATION

"A"—This formation combines short shots with the pivot and the one or two hand underhand pass. Play should be fast, timing accurate and the ball recovered before it hits the floor. O1 starts pass to O2 and takes his position for the next play. O2 pivots and passes to O3, then lines up at the end of the shooting line. O3 dribbles in, if necessary, for short shot or if in close enough shoots from the jump and takes place of O4 who recovers to pass to O1 at the pivot mark. The cycle continues.

"B"—This is a simple and direct short shot formation. The line headed by O2 are the shooters while line headed by O1 are recovering and passing. After duties, each change to opposite lines. Reverse the duties for shots from the other side.

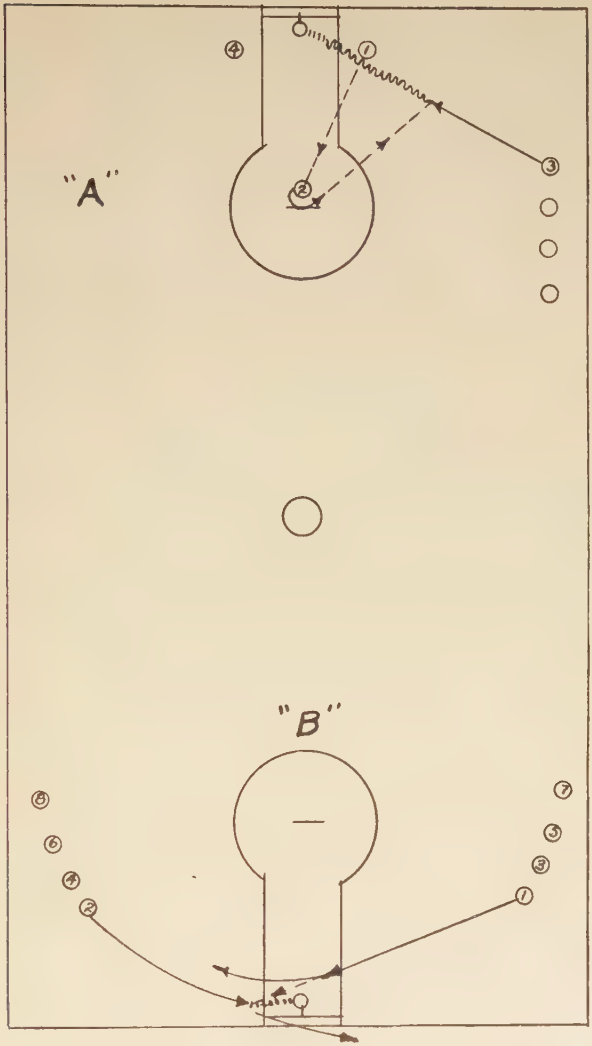


DIAGRAM 10
SHORT SHOT PRACTICE FORMATION

percentage should be better and coaches and players should strive for improvement in this phase of the game.

Most officials will carry the ball to the free throw line at a walk, although some will still carry it at the hundred-yard dash speed. The player should be permitted to walk to the free throw line. He should devote this time to removing excess perspiration from his hands. If the official will permit him to carry the ball to the free throw line himself it is a good idea to do this, to get the feel of the ball. On reaching the line, the right-handed player should put his left foot about an inch or two from this line, his right foot being in an easy stride position. This stance is better than having the feet on even keel, since it gives him balance all four ways.

The ball should be centered in front of the basket. The shot in most cases should be underhand. The grip should be light and fingers comfortably spread. In spite of construction of basket balls these days, they are usually top-heavy. The free throwers should get the feel of this weight and have it at the bottom. The eyes should be on the rim of the basket. It is a good idea also just before the crouch to take a deep breath. This, according to medical men, does a lot of things for a second, but as far as the coaches and the players are concerned, it seems to cut down the pounding heart action for an instant and permit greater relaxation.

The crouch should not be too deep. Most players will do better with too little crouch than they will with too much. The knees should spread out a little permitting the ball to be brought down cleanly, still centering the basket, to a point slightly above the knees. There must be no leaning forward or backward on this down motion because one cannot keep his balance under these conditions. This downward motion should be slower than the upward motion but the shift from downward to upward should not be jerky.

Starting upward the body should incline toward the basket, and the acceleration is faster than in the downward movement. In fact, at the finish of the toss, one should be leaning considerably forward. There is but slight bend in the arms at the elbows and the arms are but guides for direction. Just before letting go of the ball, the flip of the wrist should be added to give distance necessary. Without this flip of the wrist most players will shoot

short on account of tenseness in their arms. Coach to merely lift the ball over the front edge of the basket. If ever an attempt for a basket should not be off line, the free throw is that shot.

In spite of all precautions, players will come to the coach after the game and of their own accord say, "Coach, I knew I was going to miss that free throw." There is no doubt this feeling often enters into a player's mind even if he is an accurate free thrower. Within certain limits a player should be permitted to shoot his regular over-hand shot that he would use from the field in a case like this. A player who feels he is going to miss the free throw, as he steps up to the line, usually will. Now through his mind the thought will enter, "I'm going to miss this free throw anyway, so I will merely flip it up there with my regular delivery and trust to luck." This resignation to the loss of the point will permit just enough relaxation so that he will usually make it.

After experimenting with one standard type of shooting free throws there almost always will be a man on the team who can do better shooting another way. He may prefer to bank, he may want to eliminate the crouch, or he may want to shoot them all overhand, etc. Since the coach has been able to make no improvement in this player by coaching his particular style of delivery, it is really foolish to insist upon it, when the evidence proves he can do better in another way. The thing to do now is to watch his own personal style and only correct points that are possible to improve.

CHAPTER VIII

TEAM OFFENSE

The coach must spend more time planning his offense, before the season opens, than on any other phase of the game. Once the practice season starts, he will spend more time working on this offense than on any other phase of the game. This is but natural, since the development of an offense is the most difficult job at hand. In foot ball the coach can always set up a play with assurance that it will at least start right and have the players in the proper positions. New and ever-shifting conditions in basket ball make this impossible and, unless the coaching of this part of the game is carefully taught, the results will be poor. Players have a habit of doing things in a game which are the exact opposite of what has been planned in practice. A great deal of patience is necessary to overcome this condition. In planning some system of offense the coach will be governed to some extent by the material at hand. Big men and small men will very likely take different types of plays. The center tip-off will enter into consideration, since a team which never gets the tip-off will have to be more careful in giving the ball up after obtaining it, than will a team which is sure of the center jump.

Scrimmage Basket Ball

Too many teams are started out at the beginning of the season with a week or two of fundamental work and are then shifted into regular scrimmage. The scrimmage starts with the coach tossing the ball up at center, after which he goes over to the bleacher and sits down. He now spends his time yelling at the players and urging them on. It is difficult to see how this kind of work will pay any dividends. There can be no real corrective criticism, since the players do not know what they are supposed to do. It is even doubtful whether they could execute what may have been drawn on

the blackboard by the coach for lack of fundamental practice. Some sort of an offense will develop but it will be a straight line attack. The coach may win the early games since, even under these conditions, his offense will be superior to other teams' offenses which are developing slowly with a set goal in mind. The opposing defense, also, will be inadequate to stop this early season offense. However, later in the season when the other teams play you just right with their improved defense and with their offense now having approached its goal you will be easy to defeat, and it is the games that are won at the end of the season which will be remembered to your credit and success as a coach rather than the early season games. Good teams have been developed in this style with star players, who were just naturally better than any thing the opponents had. The coach, however, can take no credit for this type of coaching even for a successful season. Considerable blame will, however, be given for a season which is not a success and rightly so.

The Evolution of Attack

Beginning with the time that five men first comprised a basket ball team, the burden of attack was carried in the most part by the two forwards. They never went down the floor on defense nor did their guards go down on offense. The center spent most of his time between the offense and defense never quite getting close to either basket in the course of a night's work. The next step brought the center into the offensive play more and for awhile there was little defensive play and considerable offense. Scores like fifty-five to fifty-three or in this range were quite common. This led to the four-man offensive, and from here on more attention began to be placed on the defense. All these attacks were virtually via a straight line. With the development of the five-man defense at this time and, with so little versatility shown by offensive men in the fundamentals we have at the present time, scores were very small. Fouls were not called as closely as at the present day and the game became considerably rougher. Many games were played in which neither team scored over ten points.

It became very apparent to coaches that the five-man defense was a very successful defense and was here to stay. Brains and energy were now devoted to the offense. Nothing is so stimulating

to any phase of athletics as legislation against it by rules or any system of play to hold it back. As a result the present day attack has been highly systematized and perfected until the balance between offense and defense is about equal. Scores now run between twenty and thirty points in well played games and this seems satisfactory. Although many rule changes are being suggested it is doubtful whether many are an improvement over what we now have. It is well to let good enough alone. Most attacks now work from front and rear of the defense at the same time. This may aptly be described as the pinch method. It is easier for the offense and harder for the defense. With men coming toward you, going away from you and crossing, with natural blocking, the offense has been able to hold its own with the defense. Many formations have been developed to help the offense accomplish this method of attack.

Courage

The first consideration in selecting the five men whom the coach wishes to form into his varsity five should be the individual courage of each player. This is even more important in most cases than his ability to play basket ball. Many players will possibly look a great deal better in practice but cannot equal the play of a courageous player in a game. This will become more noticeable as situations on the floor become tighter and it is then that the coach does not want any of the five men to flinch. This competitive instinct in the individual will make a great competitive unit of a team. Many fighting basket ball teams of inferior ability have beaten better basket ball teams of paper strength. There is still truth in the old saying that "a team that won't be beaten cannot be beaten." In any close game there will be some breaks against each of the teams on the floor and the team which stands up under them and comes back will usually win. Adversity spurs this type of basket ball team on where it will cause a team of less courage to quit. No matter how well a team is coached if they do not deliver the basket ball they are capable of in the game, they will be useless.

Ordinarily this is the difference between the first and second string players. Throughout the weekly scrimmages the second string will defeat the varsity five so often that the coach is tempted

to start them in the week-end game. He will often be surprised to find out that, all of a sudden, these men now on the floor who have during the week regularly defeated the varsity five now sitting on the bench, are out there making bad passes, fumbling, and in general running wild. They are good players when out in front but the true test of a team is their ability to come from behind. It is unfortunate that all men do not have this same competitive instinct. It is difficult to develop. A man or two may be carried sometimes, since they follow the example of the other teammates as they battle with all their strength. Be careful in your selection at the start of the season so that all the coaching will not be wasted later, solely on account of the players' inability to deliver in the game.

Congeniality

Frequently a coach is compelled to keep a good man off the team because the other players cannot get along with him. Basket ball, being a game of highly developed team play, it is essential that the five men working together like each other. There are many occasions when it is necessary for the player on the floor to make a sacrifice to a teammate. This is a difficult thing to do among men who do not like each other. Unity on the team is vital and it is another one of the jobs in which coaches can fail. Fight cliques and fraternity politics on the team throughout the year in your school. Frequently, by explaining the situation to the man who is not liked, the coach can change his attitude. The other players, being of the right kind, will welcome this change and accept him as one of them. They are out to win and will of course sacrifice a great deal in this case. They will not, however, continually bear with a man who is not of similar type.

There is no time when the real nature of coaches and players becomes so evident as during the strain of a basket ball season. One may hide one's bad qualities in the even tenor of regular life but it is in the heat of battle that one's nature is laid bare. In this connection, it may be well for the coach to remember that he will be unable to fool his boys as to his qualities. Before the season is over they will know him better than he knows himself. It is better not to try to be anything but natural.

Conditioning

Conditioning has been taken up in another chapter but it is well to mention again in connection with team offense that every game lasts a specific time. This is, in most cases, forty minutes, and the coach's job is to have his team prepared to go the entire forty minutes at top speed. In this case it is well to remember that five men make up the team and each one of the five must be prepared to go the limit. The lagging of one man takes a percentage away from each one of the other four so that when this is totaled up the amount of team strength lost is appalling.

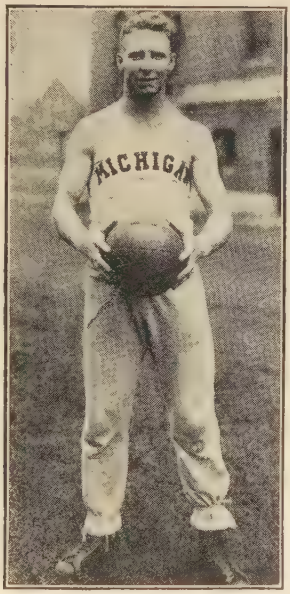
Substitutes

It is often said that a team is no stronger than its substitutes. This is true when substitutes are required and they usually are in the course of a season. Sickness, injuries, and ineligibility strike at unexpected times. If substitutions are not planned for this emergency the team will be in a bad way. It is difficult to work substitutes into the offense, since the game in its very nature demands highly developed team play. If the time and endurance of the players were unlimited, they could easily be worked in. The problem remains, however, that one scarcely ever has adequate time to get five men properly acquainted with each other's style of play and worked into a unit.

Substitutions should be made with care. A cold man going into a hot game will often do more harm than good. A substitution should be made for a player who is slowing up or weakening. It is well to substitute at the start of a rally by the opposing team if the players on the floor do not call time out of their own accord. Each team, sometime during the game, will gradually get into such perfect step that a rally of three or four baskets in succession is imminent. If this can be caught at the start the mere fact that the game has been broken into and held up momentarily often suffices to check it. Smart teams can usually tell when the opposing team is beginning to get their offensive movements under way and call time out at once. If the captain on the floor cannot see this coming the coach on the side-line should act by substituting.

The Break in Basket Ball

The offense of a team is started from jump balls, intercepted passes, out of bounds, or from the defensive back board. This transition period from the defensive to the offense is known as the break in basket ball. Just as it is a signal for the offensive floor guard to start swinging around for defensive play, so, also, is it a time for the defensive forwards to break for the offensive. Two or three men can be trusted to take the ball off the board and start it down the floor. They must, however, have somebody to play to.



FRANK HARRIGAN, A GREAT DRIBBLER, CAPTAIN 1928

A fast break down the floor is good basket ball if the percentage is in its favor.

Considerable time must be spent by guards getting the ball off the back board and starting it down the floor. Nothing is so disheartening to the offense as the knowledge of their inability to do this. The harder the offense drives the back board, the more likely they are to be open and off balance for a fast break down the floor provided the guards can get the ball out under these circumstances. A third man should always be playing for the longer rebounds and,

if the ball does not come to him, he should keep himself open for a pass from the guard who may be hard pressed.

Attack Versus Zone Defense

A fast break down the floor is the best attack one can use against a zone defense. If the opponents are open for this fast break, so that the offensive team can beat them down the floor before the defense is set up, they will be helpless. After the defense has been set up, it is well to bear in mind in planning the offense, that a zone defense prefers to have the ball and offensive men in front of it. With this in mind it is essential that some men be placed behind the defense and sometimes in the middle of the formation. It is also a good idea to bring the ball in from the side. By starting the ball from the left front, it can be quickly passed to the right side and shot in from there. No man can move as fast as the ball travels in a pass. There should always be a man coming around on the side in all plays. This will do no particular good against a man to man defense but will usually find this man open against a zone defense. Do not hurry a play until conditions are satisfactory for its execution. After a play has once started it should be executed with great speed. At the conclusion of the play there should always be two offensive men on one defensive man. Always drive the back board for follow-up shots and to prevent a fast break down the floor. If the offensive team gets ahead and does not care to go through the zone defense, they can hold the ball out, thus forcing the defense to change to a man to man. See Diagrams 11, 12, 13, 14.

The Set Offense Versus a Set Man to Man Defense

A play built to work against a man to man defense is somewhat different than one built to work against the zone defense. The same high caliber team play is necessary, but in addition the individual has more work placed upon himself. He must be able to cut after maneuvering his man off balance. He must be able to see the opportunities for blocks and take advantage of them when they are presented. There will be more pivoting and turning in this offense but long shooting will not be used as much.

Blocking has been the bone of contention in basket ball for a

number of years. In some sections of the country (especially in the East) there is a very strict interpretation of the rules against it. Blocking as it has been done at times in the past has been crude and savoring toward foot ball. A man, however, has the right to be on the floor, if in the game, and it is the duty of opponents to keep from running into him. This does not mean that a man can deliberately step in front of an opponent, but if he has a position or is going to a position, he is entitled to this privilege. In all the use of the term "blocking" throughout this book, it is meant in the legal sense. In all diagrams shown the same inference is to be drawn. Each play as illustrated using a block can be executed legally. At the same time a player could use the same situation illegally. The nearest to an illegal block is in the out of bounds plays. Here, however, the blocking man moves as though he is to get the ball and frequently does. Most blocks, as illustrated later, in diagrams of plays, will be caused by two defensive men bumping into each other.

When the offense finds that the defense has been set before a fast break can be made they should switch their attack accordingly. They must now be prepared with formations and plays to go through a team which is ready for them. The formations should be quickly assumed while the ball is being brought down the floor by the guards. Some teams will hold the ball in the back court until the three offensive men have gotten into position. They will make their attack much more deliberate than the team which goes down the floor at once. Either attack is satisfactory, except that the slower attack will find itself at a disadvantage if the other team sends out a man or two to hurry it. Some teams will also give a signal at this time designating a certain play. On the whole it is better to let the position of the other team or the maneuvering of your own team decide which play to use when the time comes. All plays designed should have alternatives, if nothing else than to pass the ball back to the guards, if the play does not work.

The formations that can be used are varied and some of them are shown in the diagrams. College teams may use almost any successfully. Most high school teams have good success with the three man across type. The passes and plays in this formation are quite simple. It leaves the men in good position for follow-up

shots at the basket. If a good big man is placed on the free throw line, as a pivot, considerable success should be attained from its use. It is not a good plan to use too many formations or to have too many plays from any one formation. See Diagrams 15 through 37.

The Fast Break

The fast break is used any time the defense has been caught off balance, and the offense is able to take the ball down the floor faster than the proper protection can develop. Not all teams can use the fast break successfully. First of all, a good back board man is necessary, so that part of the team can start down the floor on offense with the shots of the opponents. They must have the assurance and confidence in the back guard that he will get the ball and start it down. The next requisite is a fast dribbler, who receives the ball from the back guard and takes it down the floor, while his teammates in front of him are getting to position. He must be able to go all the way for his shots if not covered properly. If he is picked up he must know when and to whom to pass. The men working ahead of him must decide whether the defensive situation calls for pulling men over to the corner or whether they can go straight in for the basket. This offense is hard to play, since it requires very skillful handling of the ball as well as snap judgment. Teams using the fast break must be able to stop when they see that the defense has been formed properly to meet it. They cannot deliberately run over the other team, and when this condition arises, they should switch to a set offense attack.

Semi-Stall Offense

This offense is used by teams who wish to hold the ball as long as possible but will still take a chance on scoring if the opportunity is given. Whatever formation is used, it will be further in defensive area to make opponents open up the way to the basket more easily. The defense will be rather hard put to stop this attack, especially if the team using it are good dribblers and have a few fast men who can cut for the basket, after drawing their opponents out and off balance. It is not a good offense to use for the whole game but in most cases is better than the straight stall. It is satis-

factory, toward the close of the game to protect the lead and to add to it. See diagrams 38, 39, 40.

Stalling

Stalling is classified under offense since the team using it has possession of the ball. It could just as easily be classified under defense since it is a measure to keep the other team from scoring. It demands very careful handling of the ball, since its sole object is to keep the ball from the other team. Knowing this the defensive team need not exercise quite the care in protecting the basket that they find necessary in the semi-stall. There is no doubt that it is foolish to take chances shooting at the basket with but a small lead and little time to play. While you have possession of the ball the other team can not score. Used under these conditions it is good basket ball. There is a suspicion that stalling has lost more games than it has won. When starting to stall too early the team immediately becomes defensive-minded. This is all right if they can keep possession of the ball. There is no guarantee, however, that this will be the case, and the team will find very often that the ball will be taken away by the other team, who are very offensive-minded and who will soon be ahead. By the time the original stalling team has recovered its offensive attitude the game very likely will be over. As a general rule, a team which has been good enough to be several points ahead toward the close of the game should be able to protect that lead by playing careful offensive ball.

Diagram 11

offensive play versus zone defense

O5 dribbles down left side of floor paralleled by O4. O5 angles to right to pull defense over, stops, pivots, fakes balls to O4 going by, passes to O3.

O3 hook passes over X3 to O2 breaking out ahead of X2.

O2 dribbles or shoots. If X1 or X2 closes in on him he passes to O1 or O4, who has continued around.

O3 and O5 are back.

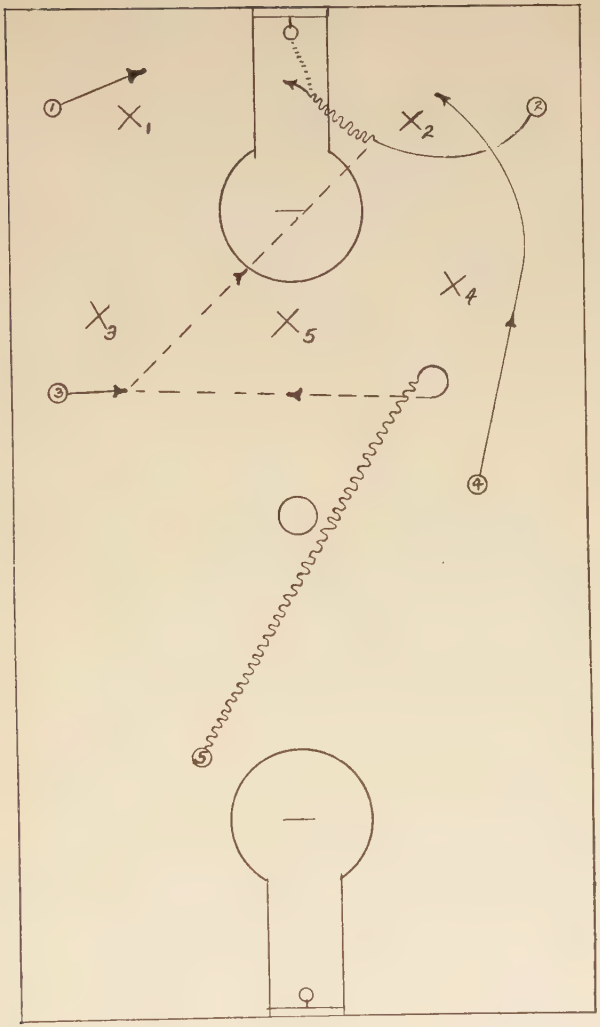


DIAGRAM 11
OFFENSIVE PLAY VERSUS ZONE DEFENSE

Diagram 12

OFFENSIVE PLAY VERSUS ZONE DEFENSE

O5 brings the ball down the floor, stops, passes to O3, who passes back quickly to O5 to O4 to O2 breaking down side line. O4 follows his pass around. By this time O1 has cut to the center receiving pass from O2. O1 shoots, dribbles in, or passes to O3 or O4.

O5 and O2 play safe.

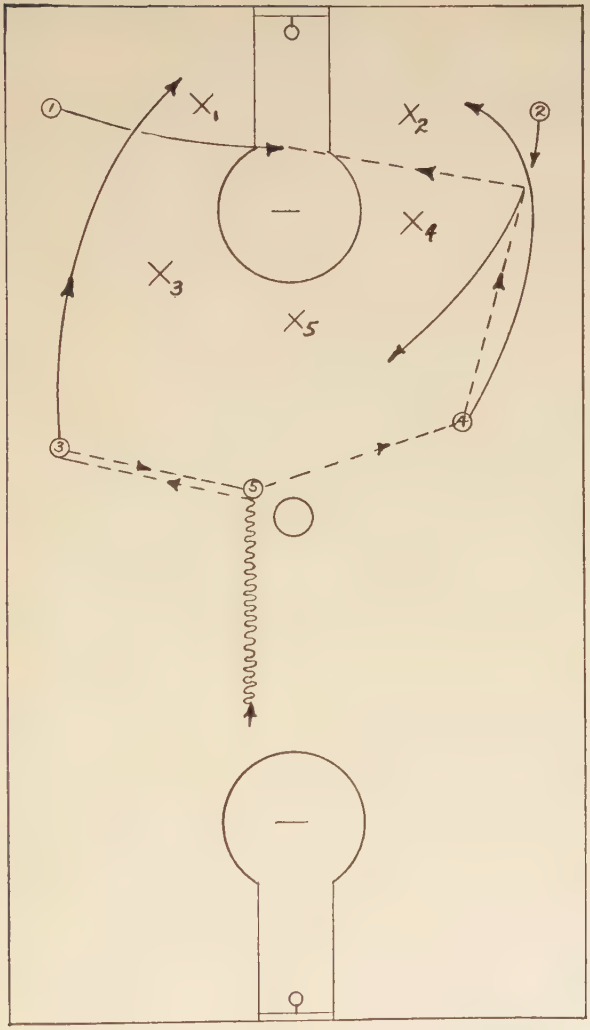


DIAGRAM 12
OFFENSIVE PLAY VERSUS ZONE DEFENSE

Diagram 13

offensive play versus zone defense

O5 passes to O3 who takes short dribble toward defense passing back to O5, who dribbles right to draw defense over. O5 pivots, back passes to O4 to O3 who hook passes to O1 to O5 who has continued on his pivot and into center of defense. O5 now shoots, dribbles in, or passes to O2. O4 and O3 stay back.

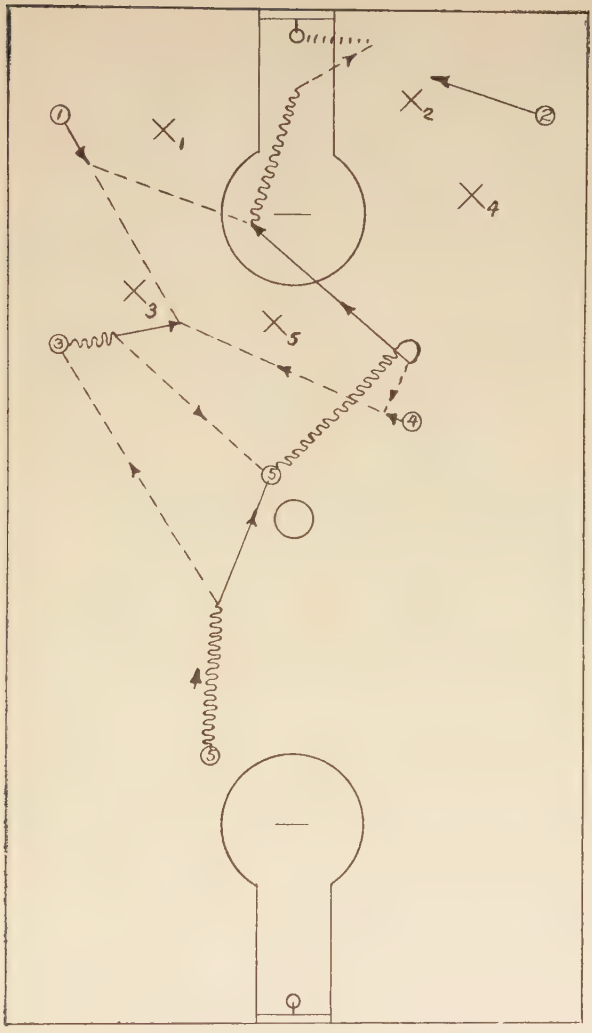


DIAGRAM 13
OFFENSIVE PLAY VERSUS ZONE DEFENSE

Diagram 14

OFFENSIVE PLAY VERSUS ZONE DEFENSE

O4 dribbles to right of defense, stops, pivots, quarter back pass to O5 to O2 breaking down side line.

O3 creates block on X5 by crossing behind him as O4 continues pivot to a cut to center of formation. O2 passes to O4 who dribbles or shoots. O1 holds X1 in corner, if not possible he takes pass from O4.

O3 and O5 stay back.

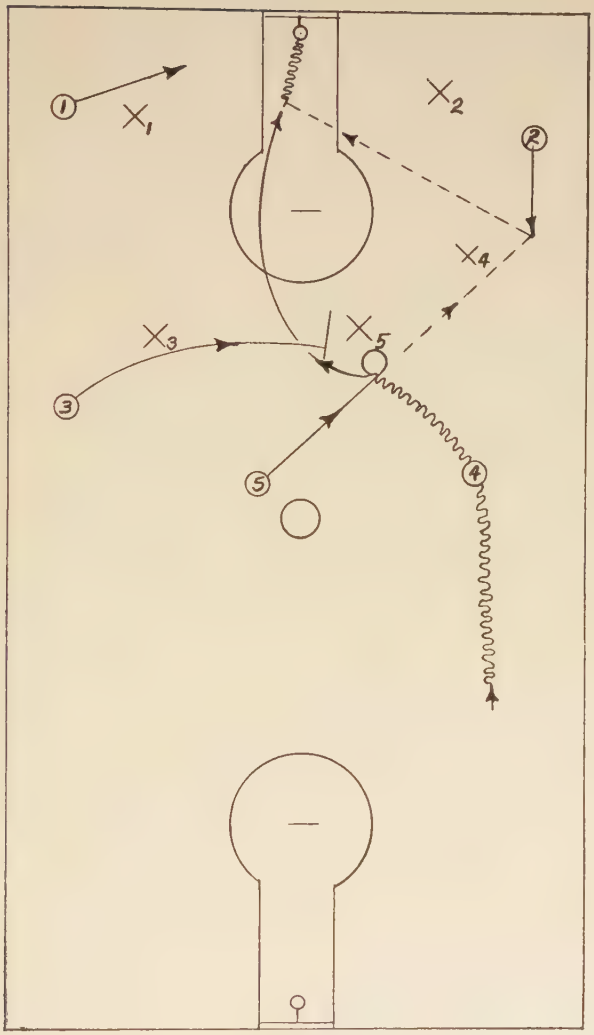


DIAGRAM 14
OFFENSIVE PLAY VERSUS ZONE DEFENSE

Diagram 15

Set offense versus set man to man defense

The three men across formation is excellently adapted for high schools playing against the man to man defense. It is also a good formation to use against a zone defense but with a different type of plays. Plays diagrammed work to either side.

Diagram 15 shows a simple play in which O5 after dribbling to the defense passes to O2 cutting out. O2 passes to O3 (pivot man) and follows pass, taking quarter back pass from 03 and dribbles for a basket. If defensive men shift, O3 should front turn to opposite side taking ball in to the basket himself.

O1 drives the back board.

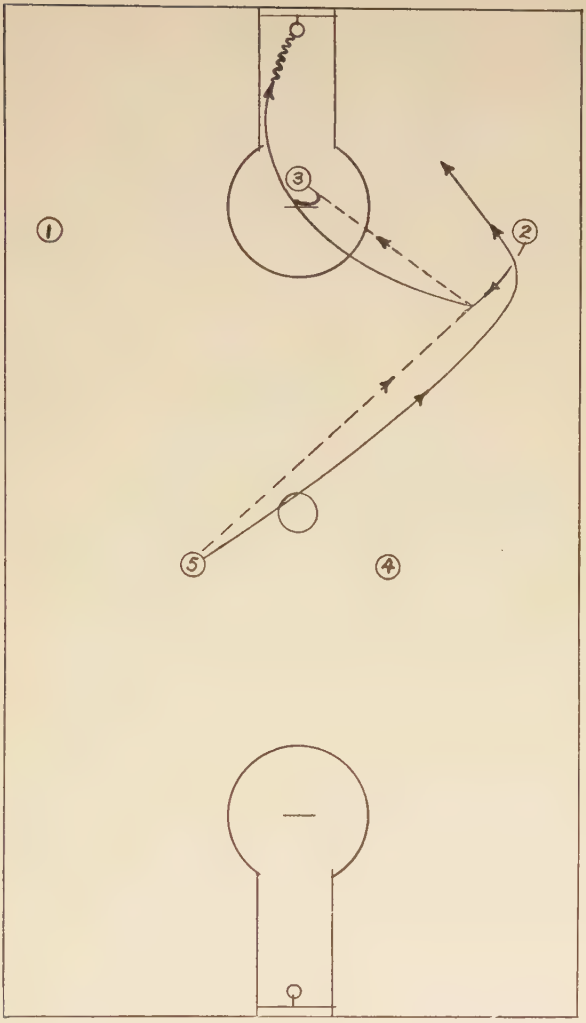


DIAGRAM 15
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 16

set offense versus set man to man defense

In this diagram the play goes from O5 to O3. O4 breaks close to O3 who fakes him the ball. Either the opponent of O3 will shift over or the opponent of O4 going behind O3 will create enough of a block to permit O3 to turn and dribble in for a basket. If not possible, O3 will swing wider, stop, pivot and pass to O2 cutting by. O1 drives board. O3 follows in. O5 and O4 are safety. Work both sides.

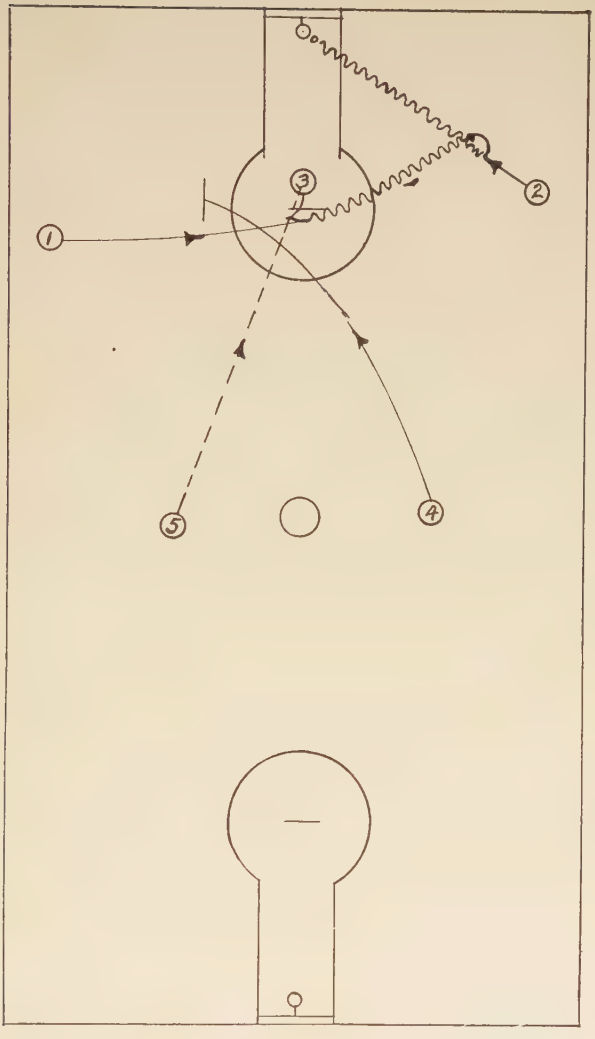


DIAGRAM 16
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 17

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

O5 passes to O3; O4 cuts as in Diagram 16 and O1 cuts behind him and in front of O3 taking ball on a quarter back pass. If O1 cannot go straight in for a basket he swings across floor, stops, pivots and passes to O2 cutting by.

O3 and O1 drive back board.

O4 and O5 play back.

Work both ways.

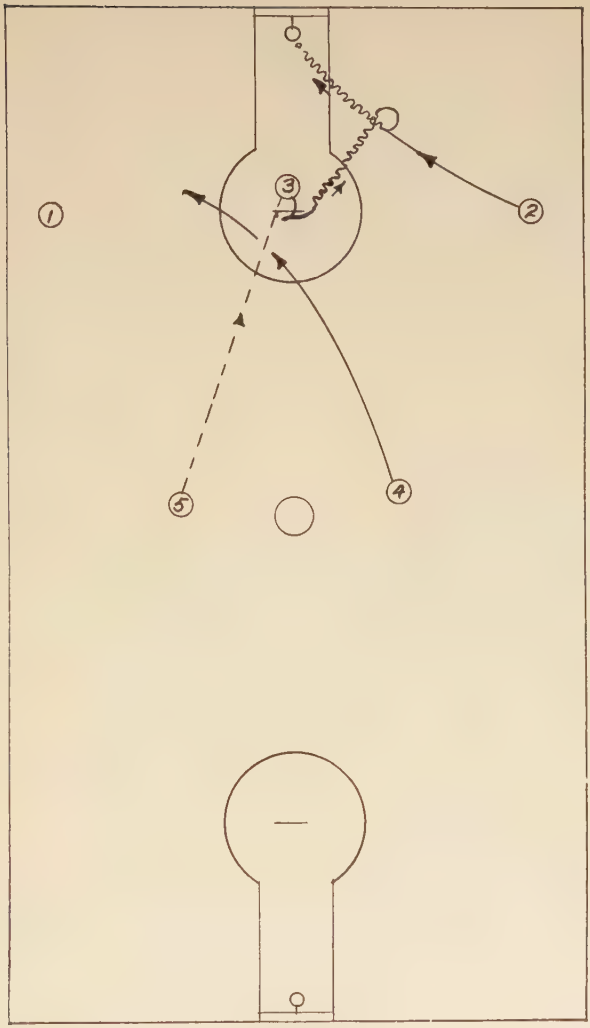


DIAGRAM 17
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 18

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

O5 passes to O1 who dribbles short, stops, pivots, fakes ball to O4 cutting by, then passes in to O3 following pass for return pass from O3. O1 goes in for basket or does as in Diagram 17.

O3 and O2 drive board.

O4 and O5 stay back.

Work both ways.

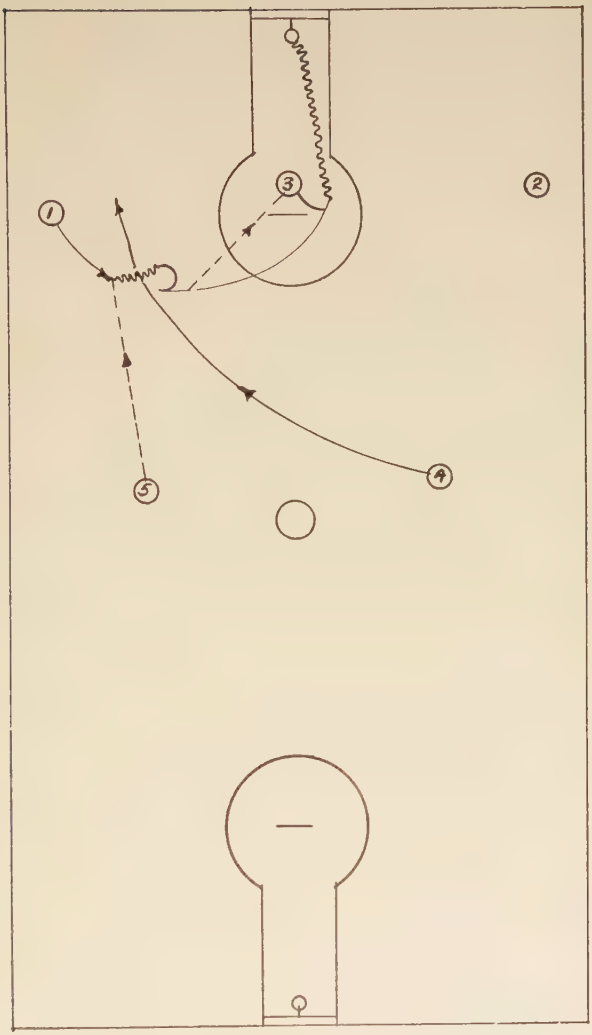


DIAGRAM 18
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 19

Set offense versus set man to man defense

O5 passes to O3 who passes to O2 at spot shown. O2 pivots; passes to O4, who dribbles in for a basket.

O3 and O1 drive back board.

O5 and O2 stay back.

Work both ways.

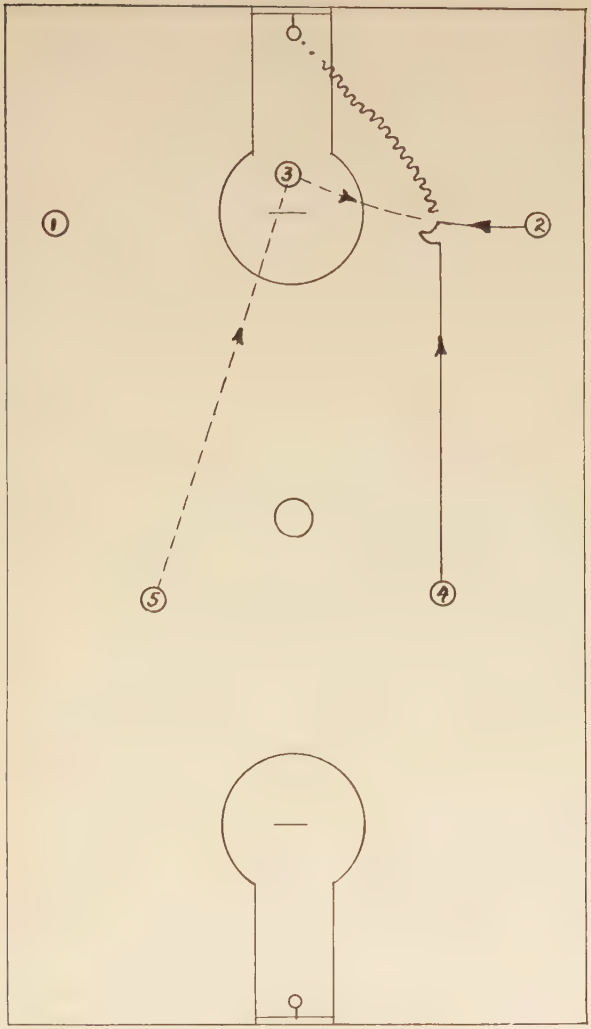


DIAGRAM 19
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 20

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

This play is a follow-up of play in Diagram 15. O5 to O2 to O3, who instead of giving ball to O2, passes to O4 cutting by. This is a very successful play if guard of O4 gets careless or turns his back to him after ball is passed in.

O2 and O3 drive board.

O5 and O1 play back.

Work both ways.

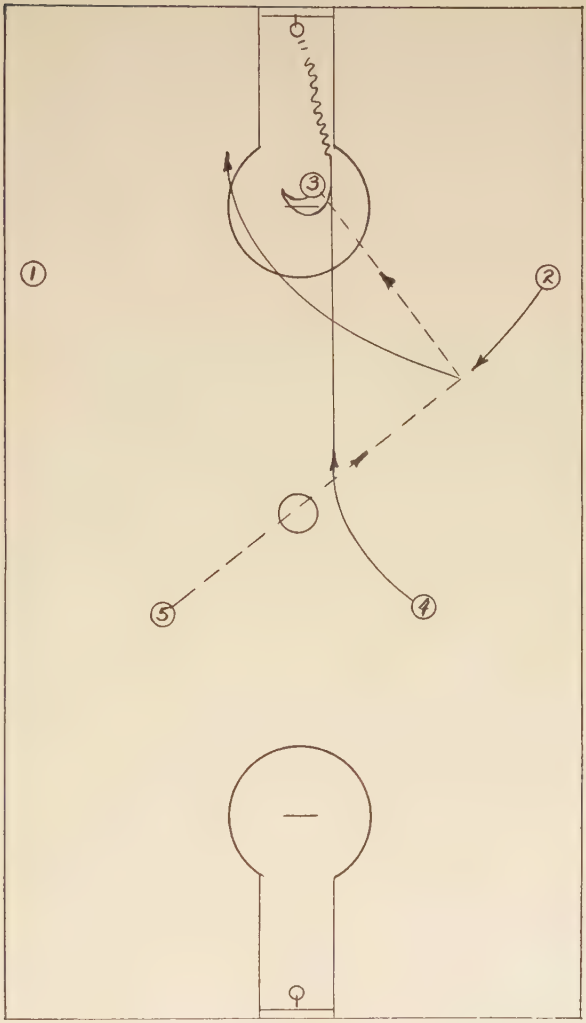


DIAGRAM 20
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 21

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

This formation has been used for several years by the University of Michigan Basket Ball Teams. Many other teams have used it and it has possibilities for many more plays than are diagrammed here.

O4 takes ball off board, passes to O5 who dribbles to the defense and passes to O2 breaking out. O2 passes to O1, who has cut across. O1 passes to O2 who has followed his pass and now dribbles in for a basket.

O3 comes in from the side to back board. O1 drives back board.

O4 and O5 stay back.

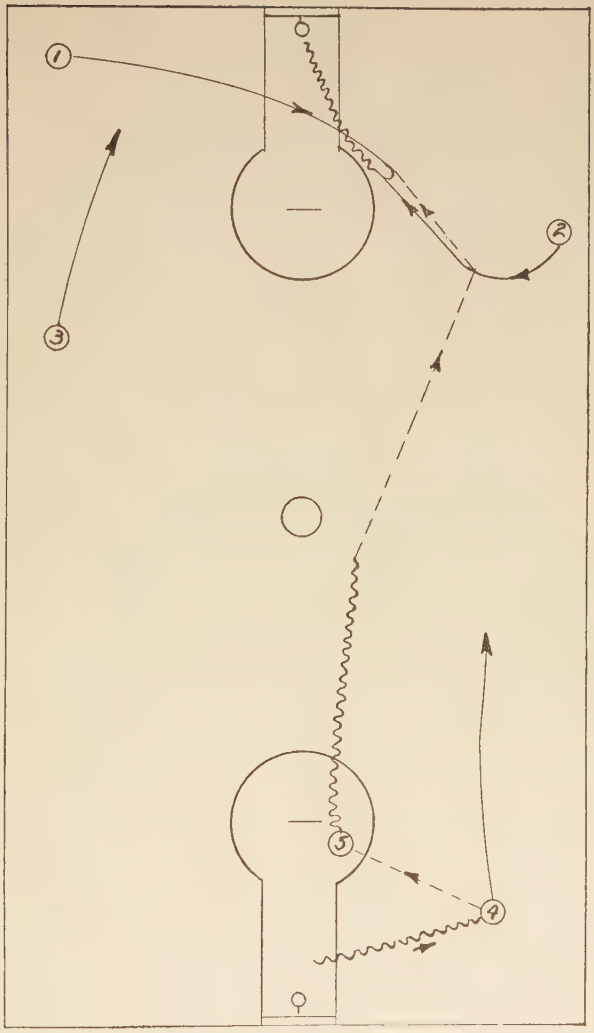


DIAGRAM 21
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 22

set offense versus set man to man defense

O4 to O5 who dribbles and passes to O3. O3 dribbles toward basket and across the floor, stops, pivots, passes to O2, who dribbles in for a basket.

O1 and O3 drive board.

O4 and O5 stay back.

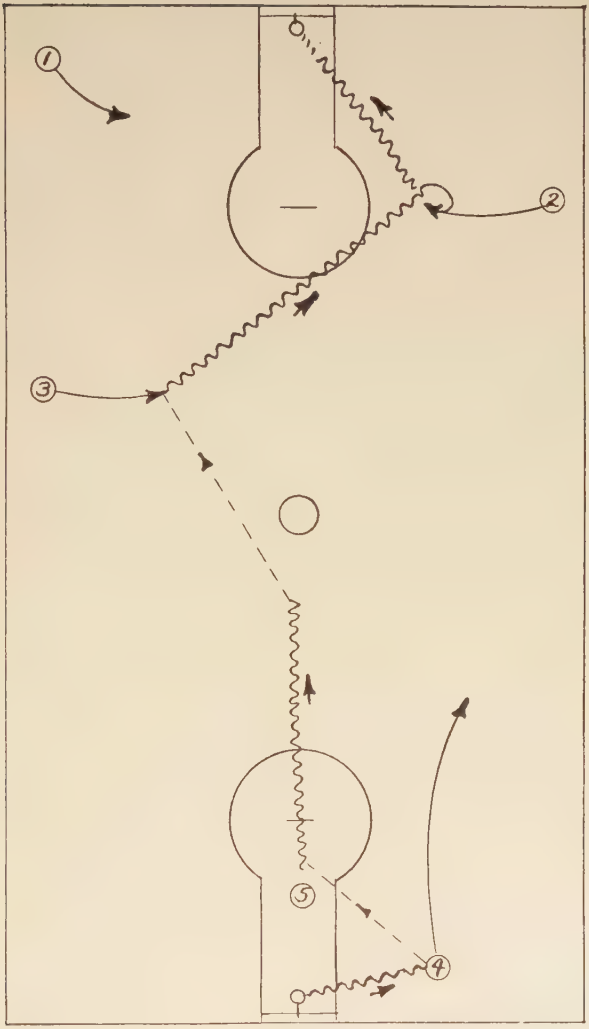


DIAGRAM 22
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 23

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

O4 to O5 who dribbles to the defense and passes in to O1 breaking out. O3 cuts and receives pass from O1. O3 dribbles in for a basket.

O1 and O2 drive board.

O4 and O5 stay back.

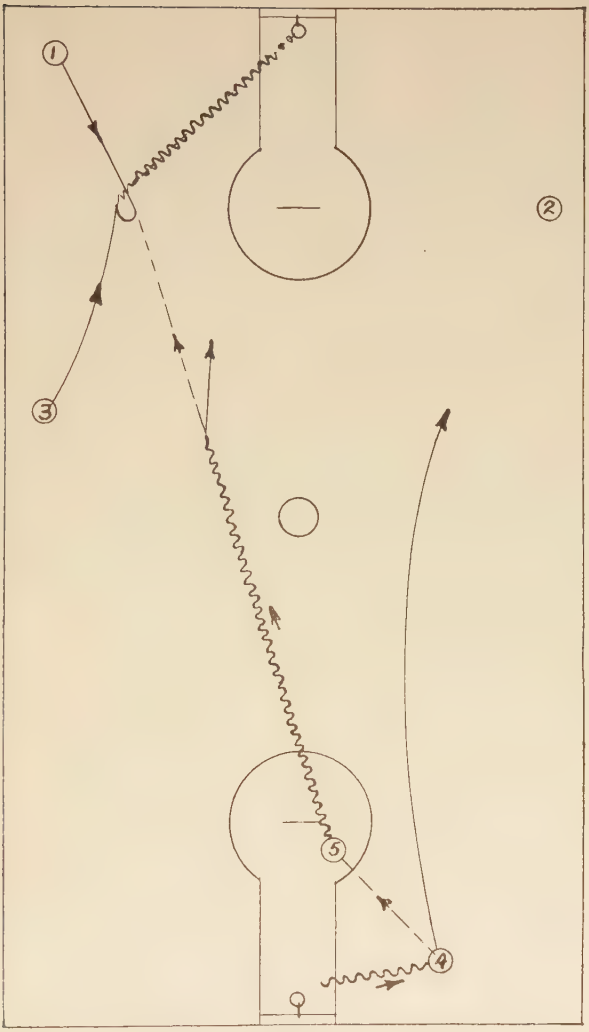


DIAGRAM 23
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 24

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

O4 to O5 who dribbles to defense and passes to O1 breaking out. O1 dribbles across the floor, stops, pivots and passes to O2 cutting by. O2 dribbles in for a basket.

O1 to O3 drive board.

O4 and O5 stay back.

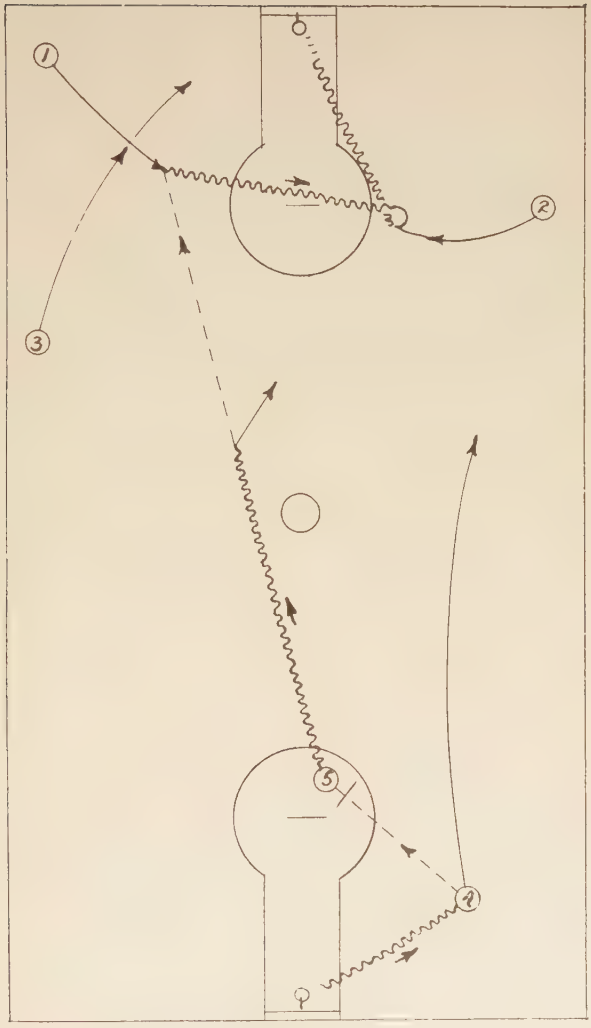


DIAGRAM 24
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 25

Set offense versus set man to man defense

O4 to O5 who dribbles to the defense and passes into O1 breaking out. O1 passes to O2 breaking across, who dribbles back toward O1 who is following his original pass. O2 double passes to O1 who goes in for a basket.

O3 and O2 follow in.

O4 and O5 stay back.

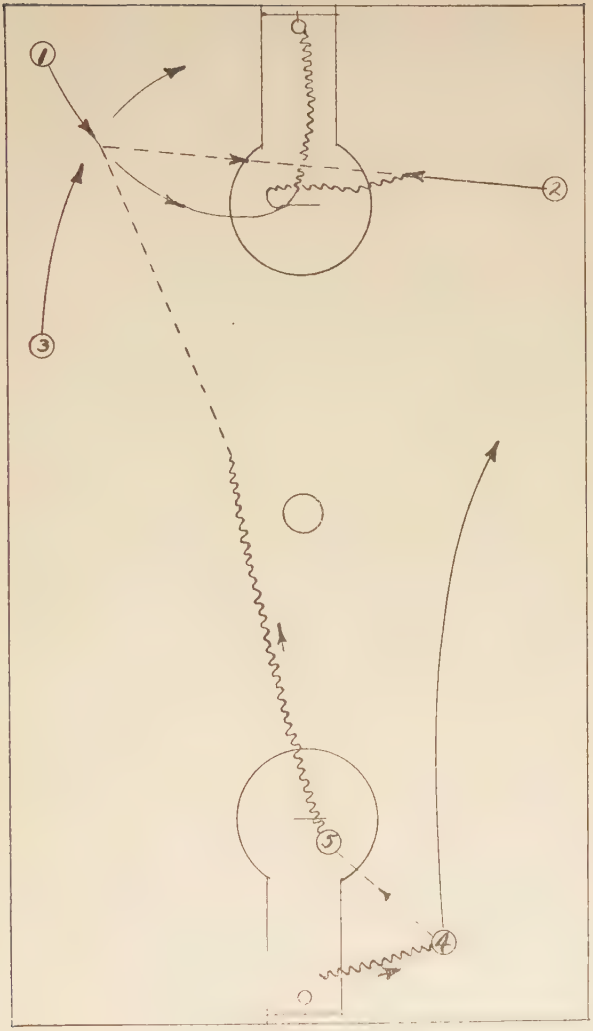


DIAGRAM 25
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 26

Set offense versus set man to man defense

This play is more in the nature of a practice formation for the fundamentals of the other plays.

O4 to O5 to O3 who dribbles across, stops, pivots, and passes to O2 who does the same to O1 who goes in for a basket.

O2 and O3 follow in.

O4 and O5 play back.

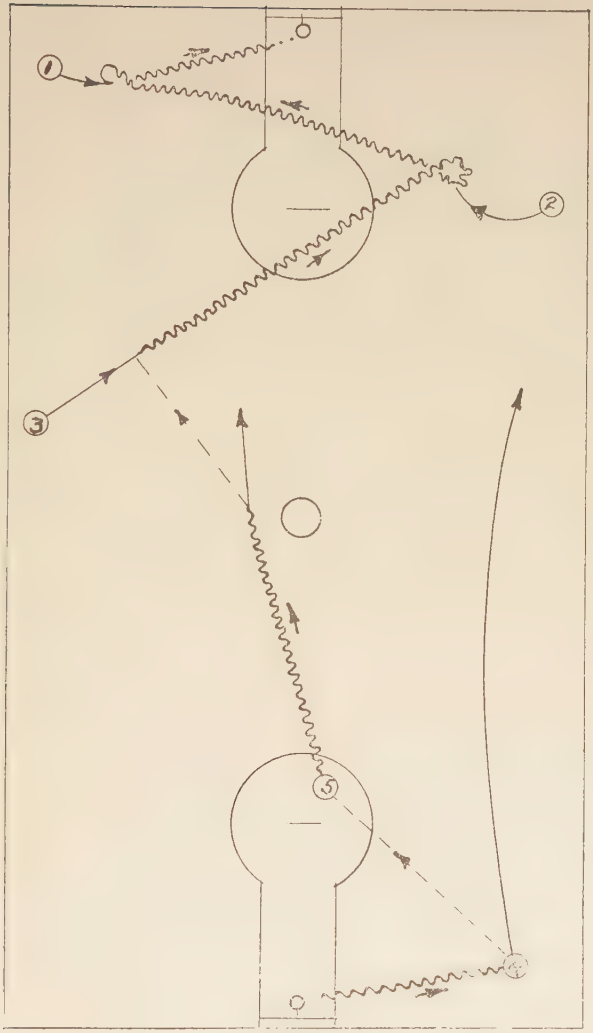


DIAGRAM 26
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 27

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

O4 to O5 who dribbles to the defense, passing to O2 breaking out. O2 dribbles across to O1 in the corner. O4 cuts behind O2 with his man going to the same corner. The four players now in this spot make it hard for guard of O1 to get out as O1 cuts taking ball from O2.

O5 and O3 stay back.

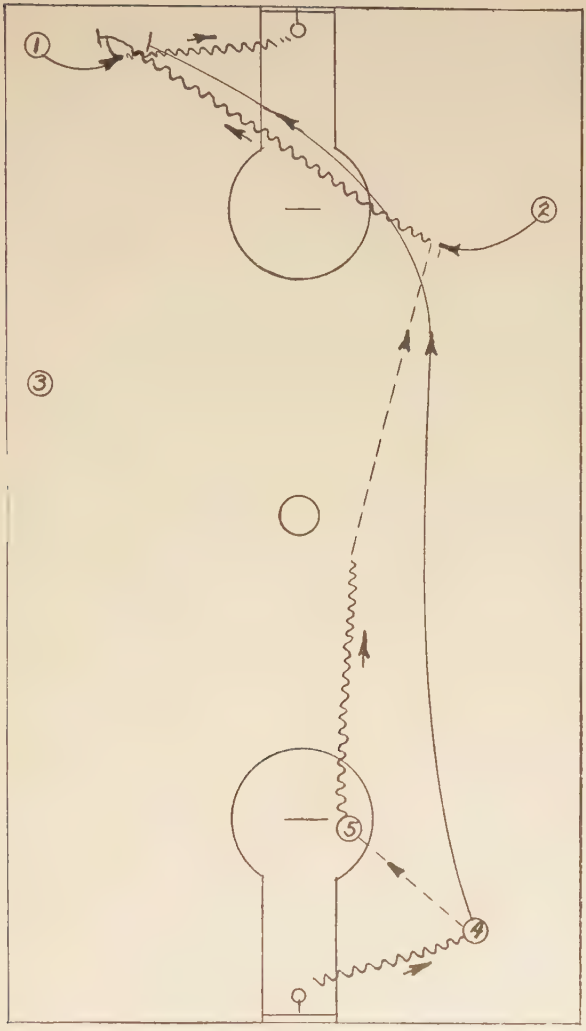


DIAGRAM 27
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 28

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

O4 to O5 to O1 breaking out. O1 dribbles out deeper than usual. O2 swings out deep and takes ball coming back from O1 who has stopped. In the meantime O3 has swung around and meets pass from O2 at free throw line. O2 follows pass and takes ball from O3 in for basket.

O3 and O1 follow up.

O4 and O5 play safe.

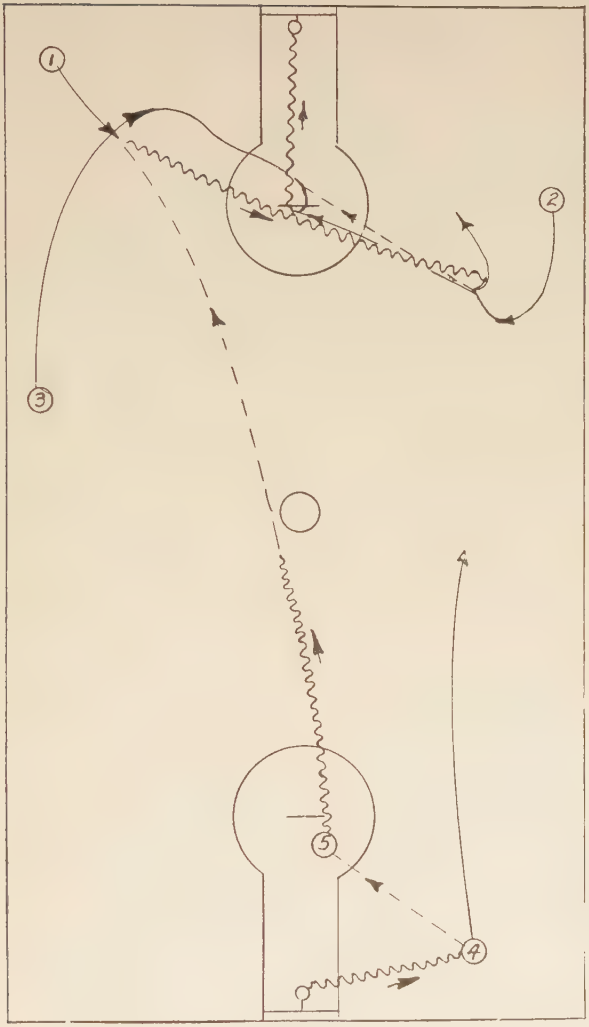


DIAGRAM 28
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 29

SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

This play first of all shows the possibilities of the use of parallel guards, which may have been necessary in the execution of the preceding plays from this formation.

O4 to O5 who dribbles to the defense, stops, pivots and back passes to O4 cutting behind. O4 passes to O3 to O2 cutting across. O3 follows his pass to O2, who passes ball back to him. O3 goes in the rest of the way for a basket.

O1 and O2 follow up.

O4 and O5 stay back.

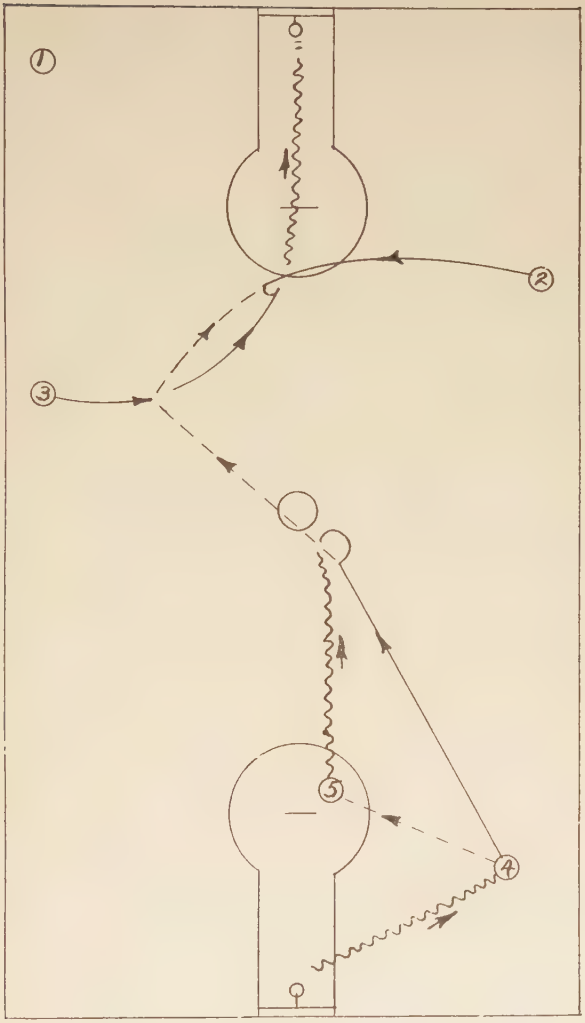


DIAGRAM 29
SET OFFENSE VERSUS SET MAN TO MAN DEFENSE

Diagram 30

BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

The Box Formation has many opportunities for offensive plays. O4 precedes O5 down the floor slightly and is to the right side line. If the defense rushes O5, O4 will cross behind him for the ball and O3 in front for a pass. O4 or O3 will pass the ball in to O1 or O2 next, from which point the play will be under way better than usual, since the defense is drawn out too far. In crossing out in front, one of O4, O5, or O3 should get free by a cut or block.

Diagram 30 shows a practice formation to be used in the fundamentals of this formation. Many of the plays of the formations diagrammed preceding these are applicable to this formation.

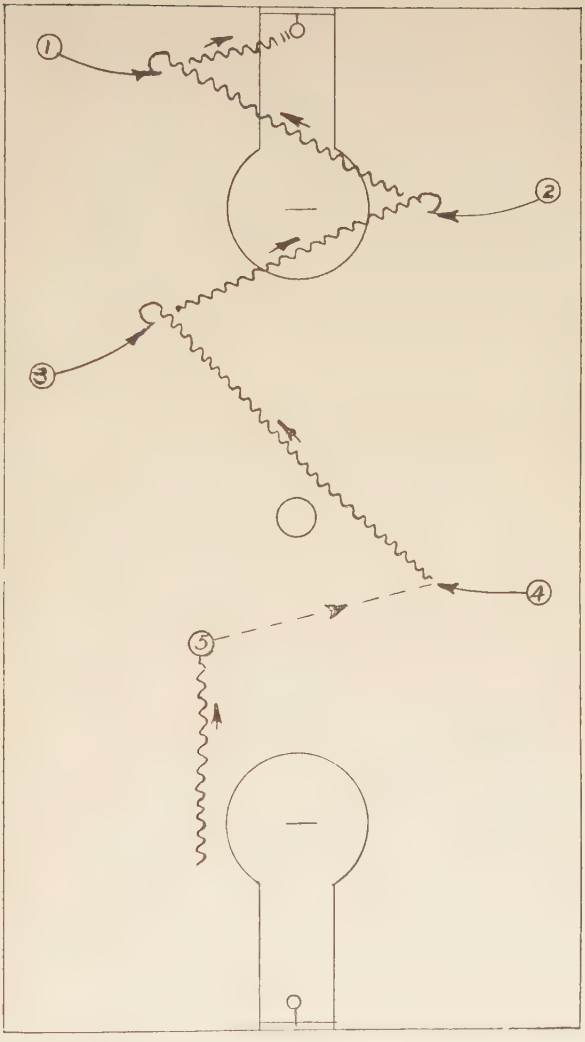


DIAGRAM 30
BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

Diagram 31

BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

This play is used because the opponents of O3 and O4 are not as familiar with the avoidance of blocks as the guards of O1 and O2.

O5 passes to O3 who dribbles across the floor, stops, pivots, and passes to O4 cutting by.

O1 and O2 hold their men out if possible. If they shift to O4 O1 and O2 should cut for the basket for a pass from O4.

O3 and O5 stay back.

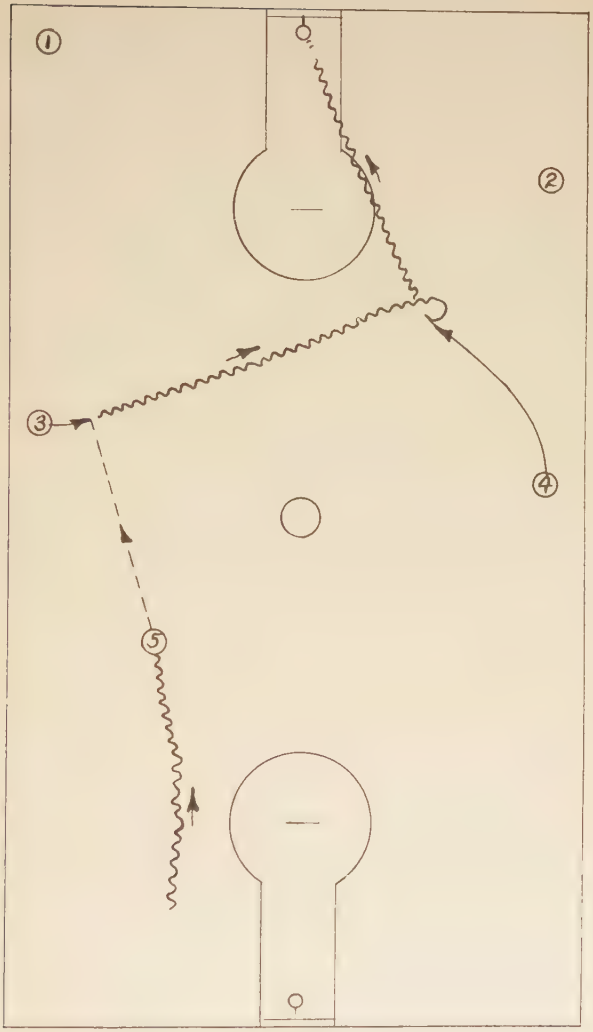


DIAGRAM 31
BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

Diagram 32

BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

O5 to O1 who dribbles to O4 who, in turn, dribbles to O3 who goes in.

O1 and O2 follow in.

O4 and O5 stay back.

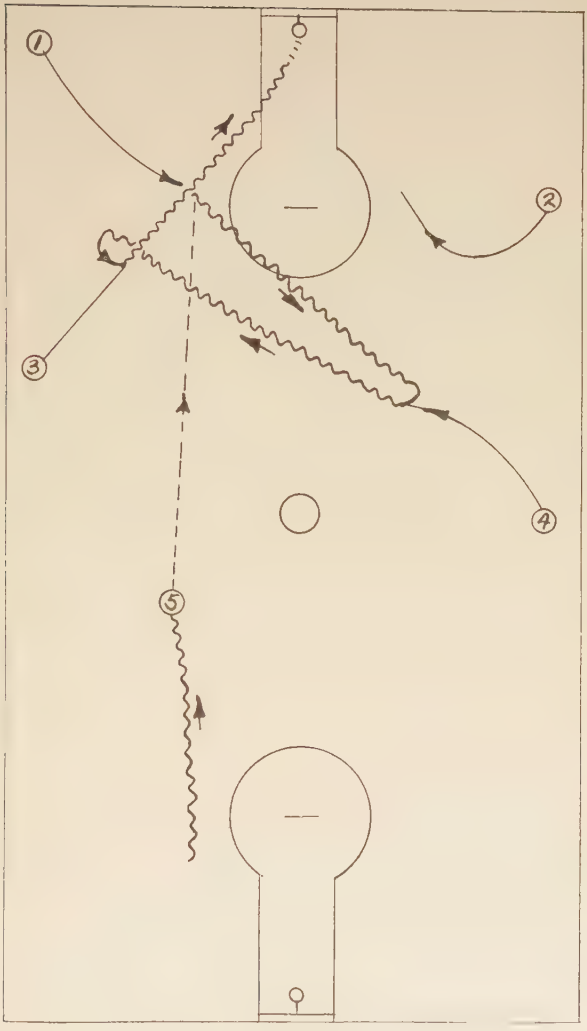


DIAGRAM 32
BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

Diagram 33

BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

This play is executed the same as Diagram 31 except the duties of O3 and O1 are interchanged.

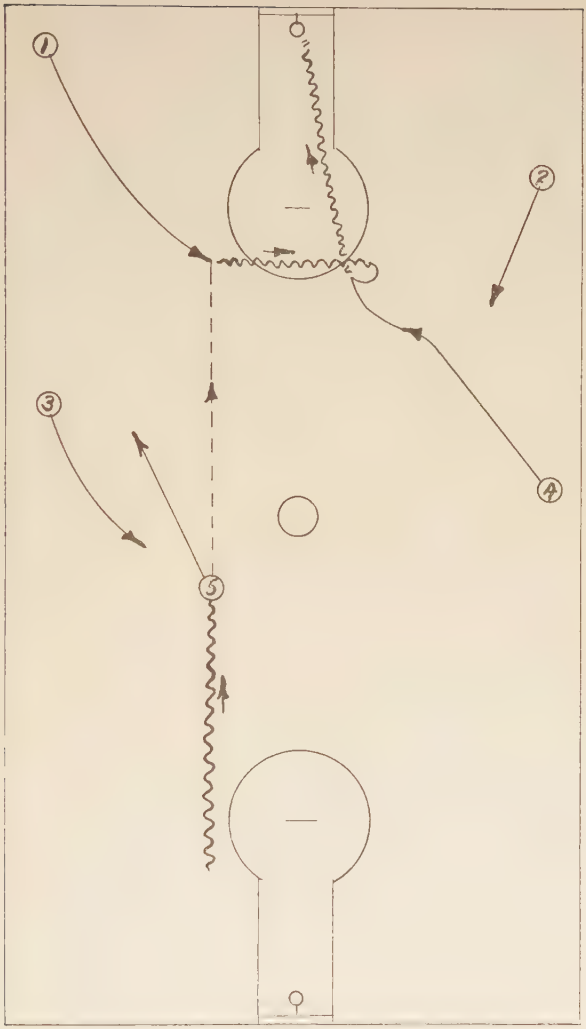


DIAGRAM 33
BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

Diagram 34

BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

O5 to O2 breaking out to a stop. O5 follows pass on inside, taking a fake from O2 while O4 cuts around. These cuts are not difficult to procure from this far out. O2 now does a three-quarter turn passing the ball to O4.

O2 and O1 follow in.

O3 and O5 stay back.

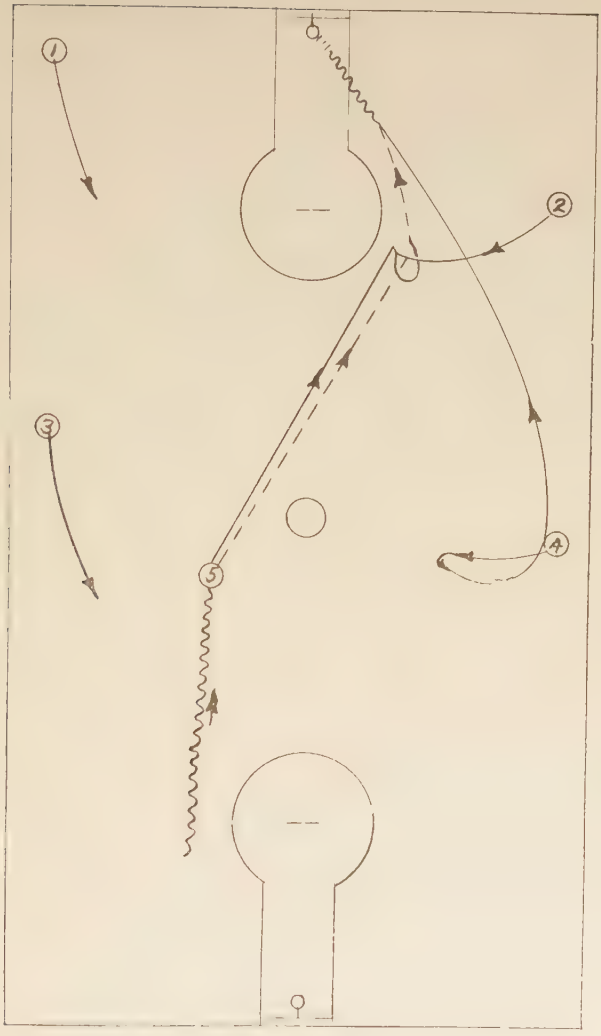


DIAGRAM 34
BOX FORMATION VERSUS SET MAN TO MAN DEFENSE

Diagram 35

SPECIAL SET OFFENSE VERSUS CLOSE GUARDING DEFENSE

Some defensive guards play so close to their men to intercept passes as they come into the set defense that it is difficult to get the ball to the desired man. Although they are open to quick pivots with cuts, yet the damage they do is still not counteracted sufficiently. To overcome this the following plays have been used with success.

Diagram 35 shows O2 breaking toward the basket slowly while O1 swings around close behind him. The guard of O1 is now straight behind him and he is open for a pass. If his guard cuts in front of O2 then O1 cuts back for a pass under the basket.

O5 to O1 to O2 who cuts out again. O2 to O1 following his own pass.

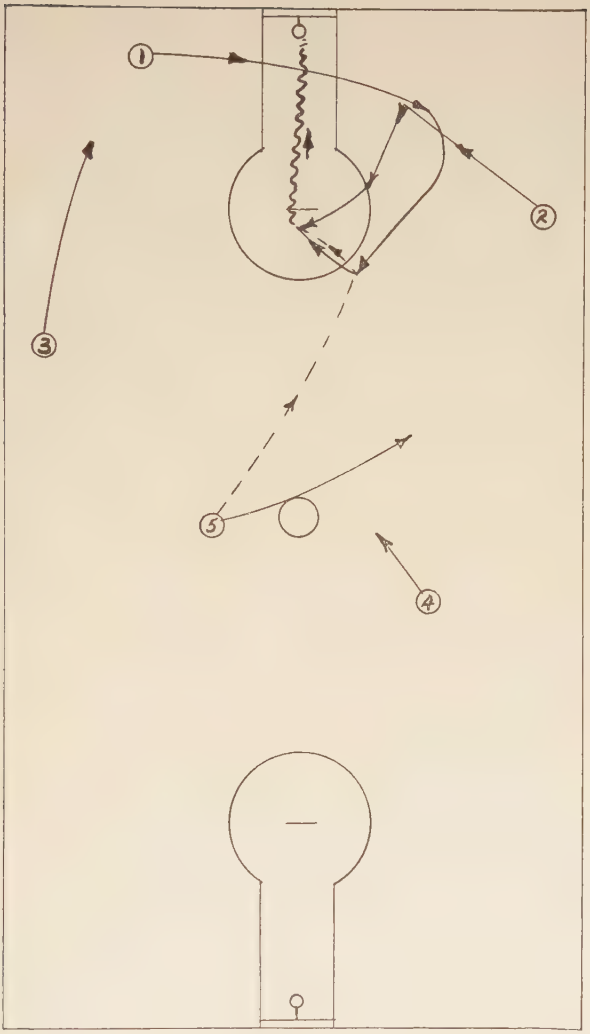


DIAGRAM 35
SPECIAL SET OFFENSE VERSUS CLOSE GUARDING DEFENSE

Diagram 36

SPECIAL SET OFFENSE VERSUS CLOSE GUARDING DEFENSE

O5 to O1, who has shaved off O2 as he went toward the basket. O1 to O3 to O2 who has swung out again. O2 to O3 who follows his pass in.

O2 and O1 drive the board.

O4 and O5 play back.

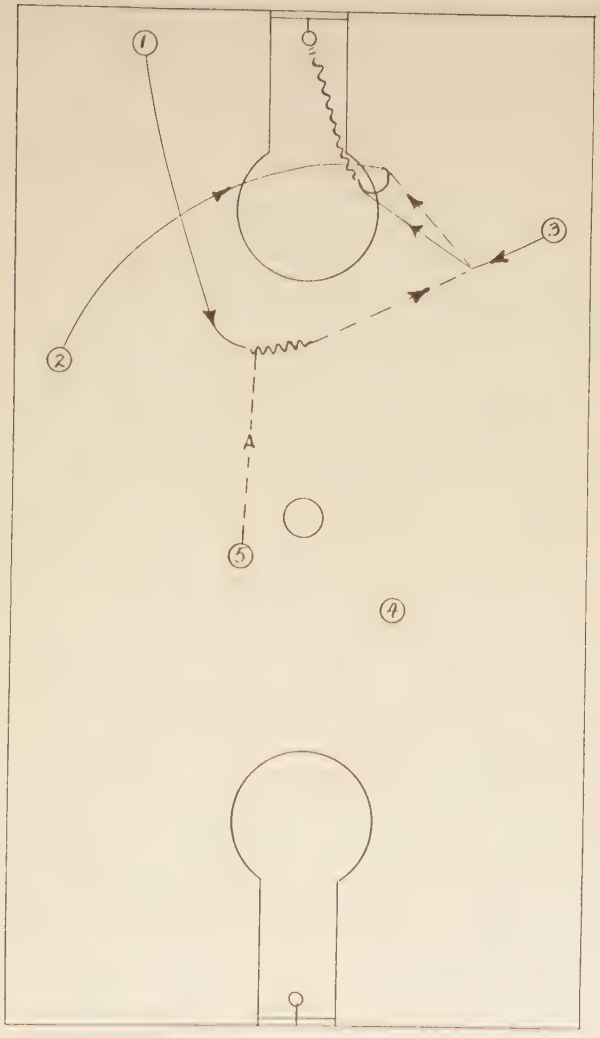


DIAGRAM 36
SPECIAL SET OFFENSE VERSUS CLOSE GUARDING DEFENSE

Diagram 37

SPECIAL SET OFFENSE VERSUS CLOSE GUARDING DEFENSE

O5 to O1 shaving off O2. O1 to O3 to O2 cutting back again. O1 cut in front of O2 while O3 cuts back of O1 close to O2 receiving ball again. O3 in for a basket.

O1 and O2 follow up.

O4 and O5 play back.

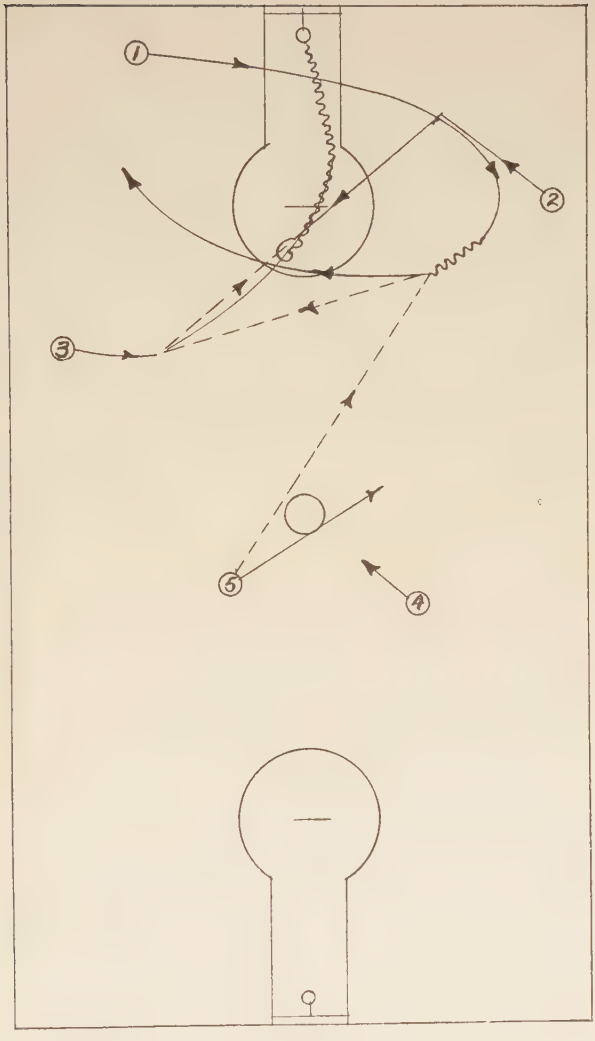


DIAGRAM 37
SPECIAL SET OFFENSE VERSUS CLOSE GUARDING DEFENSE

Diagram 38

SEMI-STALL OFFENSE

O5 holds the ball until every man is covered. He feints and fakes to go by his man. Just as he is getting cornered he passes to O4 cutting across. O4 stops, pivots, fakes pass to O5 cutting behind and then does a front turn, passing ball to O2 breaking out. O4 follows his pass and O2 fakes to him but passes to O1 cutting out. O2 follows his pass but if the play is not sure will stop and back pass to start over again. By this time the defense is usually out of position and the ball can be taken back easily.

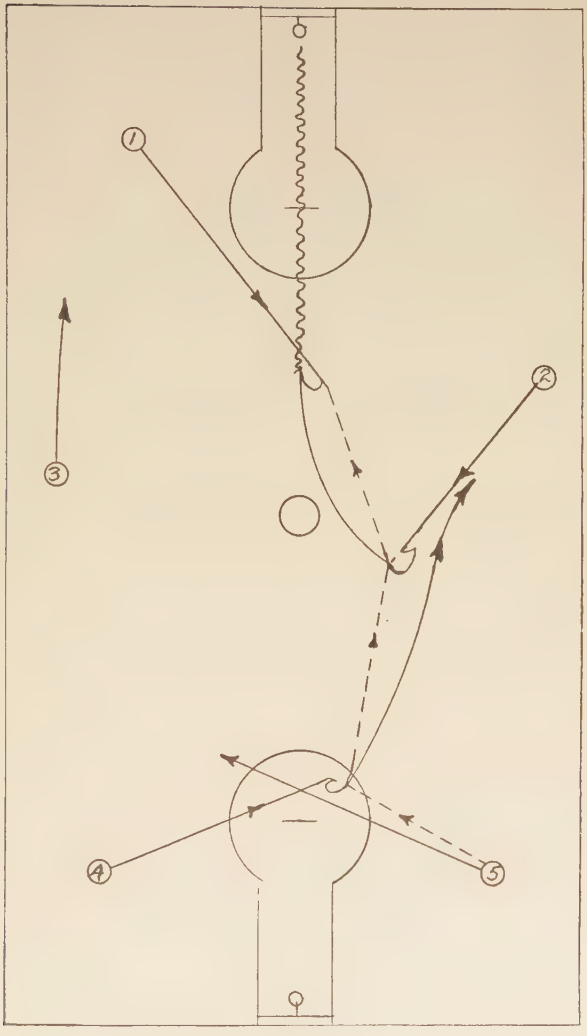


DIAGRAM 38
SEMI-STALL OFFENSE

Diagram 39

SEMI-STALL OFFENSE

O5 to O4 but O5 receives the ball this time. O5 to O3. O5 follows his pass, shaving O1 and his man. O3 to O5 if O5 is free. If not O3 to O2 cutting out and O2 to O3. The same care here as in Diagram 38.

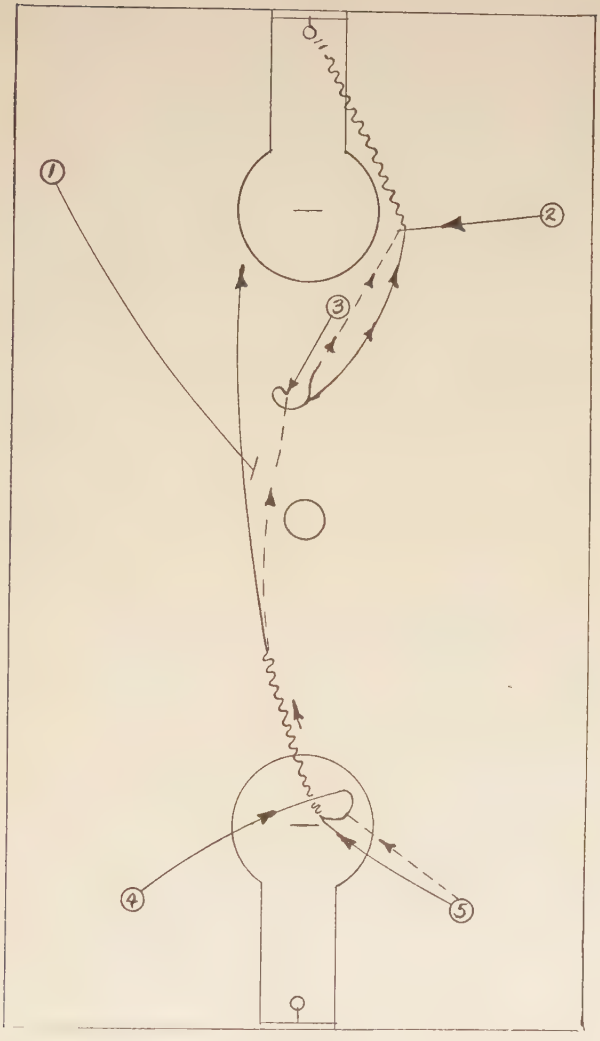


DIAGRAM 39
SEMI-STALL OFFENSE

Diagram 40

SEMI-STALL OFFENSE

O5 to O4 to O5 to O3. O3 fakes to O5, cutting by, but passes to O1. O1 passes the ball to O5 if he is open and if not returns it to O3 following his own pass. O2 is in position to receive the pass from O3 if conditions are not right for a basket. O2 will take the ball to the back court. The team must remember they are not stalling, yet are only taking shots when sure baskets are imminent.

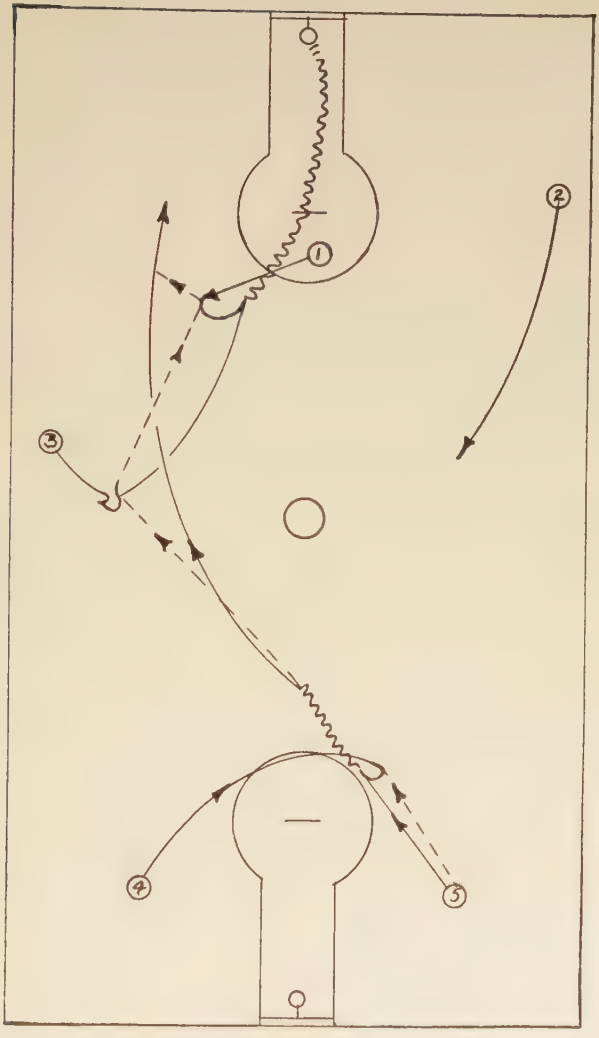


DIAGRAM 40
SEMI-STALL OFFENSE

CHAPTER IX

THE CENTER TIP-OFF

Considerable agitation has been brought forward recommending the abolishing of the center tip-off. Indorsers of this movement would have the ball put in play from out of bounds, at the end of the court, by the team which has been scored on. To start the game, possession of the ball would be determined by the toss of a coin. The movement has met with considerable support but, at the present time, there is still a great deal of opposition.

The coaches in favor of abolishing the tip-off wish to take away the apparent unfair advantage teams are securing through the present tendency toward extra tall centers. They also argue that there are too many accidents resulting in the drive for the ball after it is tipped. They argue, also, that putting the ball in play at the ends makes a much faster game. There are, undoubtedly, considerable truths in the above contentions.

Coaches opposing the change are more conservative in their desire to change the game. They argue that basket ball was never as popular as at the present time, and should be left alone. They claim that when a change is considered necessary, it should be more universally favored before made a rule. The point is also raised that eliminating the center tip-off will not change the situation to a great extent, since there are considerably more held ball tip-offs than center tip-offs. There is no doubt that the center tip-off is a spectacular play in itself and there is a suspicion that putting the ball in play at the end will make the game rather monotonous, since there will be no break in its continuous movement up and down the floor. Experiment with this change does not seem to have been carried on long enough, since this one change would affect the disposition of the ball in many other instances. No one seems prepared to state, with absolute assurance, just how all this would

change the game. It is well to consider that for every adult and college man in the game there are at least fifty boys of high school age and under playing the game, who very likely should not be asked to play a more strenuous or faster game. Neither would it be a good idea to have a different type of game for these two ages. All in all, it is a movement which can stand careful consideration and more experiment.

It has long been estimated that the tip-off is worth from six to ten points to a team. These figures go back to the day when plays were run from center and usually carried on to completion. In modern basket ball, this is not possible any more. Teams will not permit themselves to be left open to this type of attack. This does not mean that the tip-off is not worth six to ten points any more. It may be worth even more, if it gives possession of the ball, which is a prize of inestimable value. It is doubtful, however, whether any team would spot an opponent ten points at the start of the game for the privilege of having the ball after each basket.

The trouble with having the tip-off is that it does not always mean that the ball will be yours. This can be caused by the qualities of either the defense or the offense. Sometimes the offense has poor men to go in to get the ball. The tip itself very often is not always correct, since it may be too high or too low. The coach may be to blame himself for using a poor formation. If results are poor, and it can be attributed to the formation, it should be discarded at once. The defensive formation may be such that it will contrive to break up all tips or the defensive players may be of such aggressive nature as to always be on the ball. It is peculiar that the same offensive tip formation will give you the ball every time against certain teams and on the other hand, other teams will take it away every time. This can only be explained through difference of aggressiveness of the offensive players these nights or the defensive attributes just mentioned. If signals are used they should be guarded sufficiently so as to prevent their being stolen. They can be given in so many different ways and changed so easily, that signal stealing should be impossible. The huddle, as used by some coaches, is a difficult way to accomplish something which can be done much easier. It is a waste of time and energy.

Jumping

Jumping can be improved. Every man on the team should have some practice each week since they must all jump for toss-ups at various times during the game. Timing is the most important phase of the jump. After the referee throws the ball up once, the center should have his timing figured out. Good referees will not vary this height. Jumping too soon is as bad as jumping too late. From the tips of his toes to the ends of his fingers, the jumper should be stretched at full length. The fingers of the hand should form a cup and the ball merely given a little flip with the wrist. It should be tapped almost at the bottom and not from the sides. This is worth three or four inches which is important. It is also more conducive to accuracy. The easiest place to tip the ball is straight forward.

Formations for the Tip-Off

Tip-off formations should be of defensive character when the team cannot get the jump. They should have more offensive strength when the team has control of a tip-off. To use a defensive formation, when in control of the tip-off is a mistake, since it will permit too many of the other team to gather around the center. When the tip is doubtful the formation had better favor defensive strength. The first essential is that a team does not leave itself open defensively, if the tip-off has been lost. In the man to man defense, it may mean that men will have to pick up the opponent nearest to him rather than the one he has been definitely assigned to. There will be a similar problem if the zone defense is used.

Offensive Plays from Center Tip-Off

It is difficult to execute plays from the jump at center. It is a poorly coached defensive team which will permit this. The first object is to get the ball and all offensive strength should be built toward this end. There should, however, be provision made for the completion of a play if the defense is open. The ball, however, since it has been obtained with such effort and is so valuable, should not be given up easily to the opponents in an attempted execution of an impossible play or wild shot. The ball had better be passed back under these conditions and the regular set offense started.

Held Ball Tip-Offs

Toss-ups for held balls will occur between all sorts of men of different height and jumping ability, as well as on all parts of the floor. It is only necessary to remember where the tip is obviously lost on account of the height of the opponent or where the toss-up takes place in the defensive area of the court, that a position of greater defensive strength must be taken than under other conditions. See Diagrams 41 through 46.

Diagram 41

CENTER TIP-OFF FORMATION AND PLAY

This diagram shows the first center-tip formation after five men formed a team. It was very strong offensively, but weak defensively if players held their positions. Many plays are possible from it and it is still used with, of course, modern improvements or follow-ups.

The play shown has O5 take O3's tip back and to the side. O5 to O2 with a bat pass back to O5 who goes all the way in or passes to O1. O2 keeps on into defensive territory if the tip is not successful. O3 also drops back first. O4 stays back.

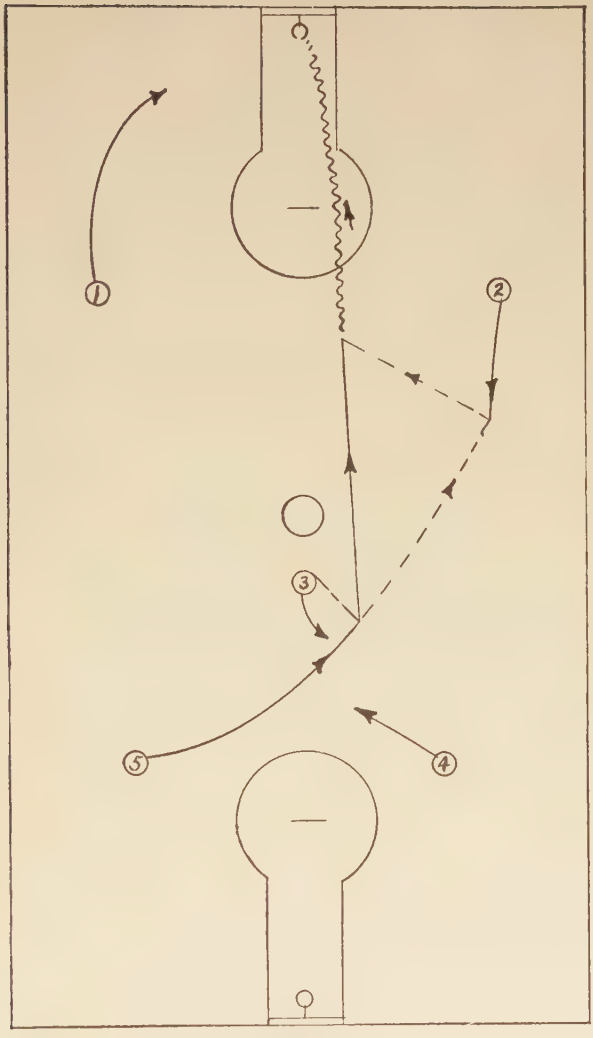


DIAGRAM 41
CENTER TIP-OFF FORMATION AND PLAY

Diagram 42

CENTER TIP-OFF FORMATION AND PLAY

This formation is the same as Diagram 41 except for tandem guards. It is still a strong offensive formation.

O3 tips to O2 who passes while in the air to O1. O5 is cutting around to the basket where he receives the ball from O1. This play could not be used unless the tip-off was sure, as the team trying it would be in a bad position if the other team got the ball and used the situation right.

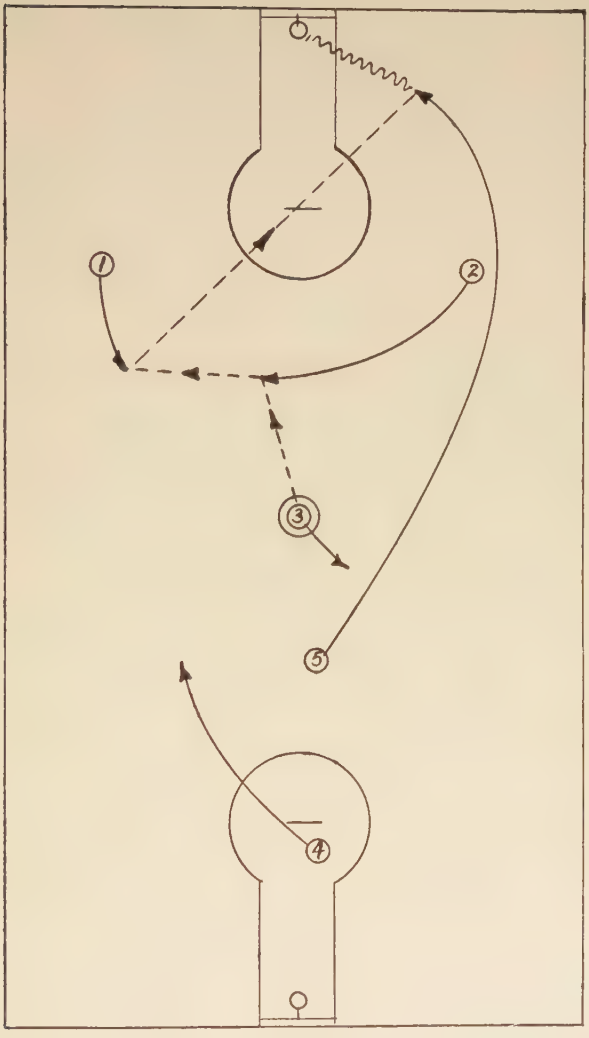


DIAGRAM 42
CENTER TIP-OFF FORMATION AND PLAY

Diagram 43

CENTER TIP-OFF FORMATION AND PLAY

This formation still has strong offensive possibilities but is stronger defensively than Diagrams 41 and 42. The play shown will leave the team in bad position again if not perfect.

O3 to O2 to O5 who dribbles all the way in or passes to O1 cutting down the side.

Some tip-off plays could be designed from this formation which would not leave the team wide open in case the ball was lost. This is, of course, possible in all formations to some extent. Only safe tip plays should be tried until experience has proven that their success is sure in the game at hand.

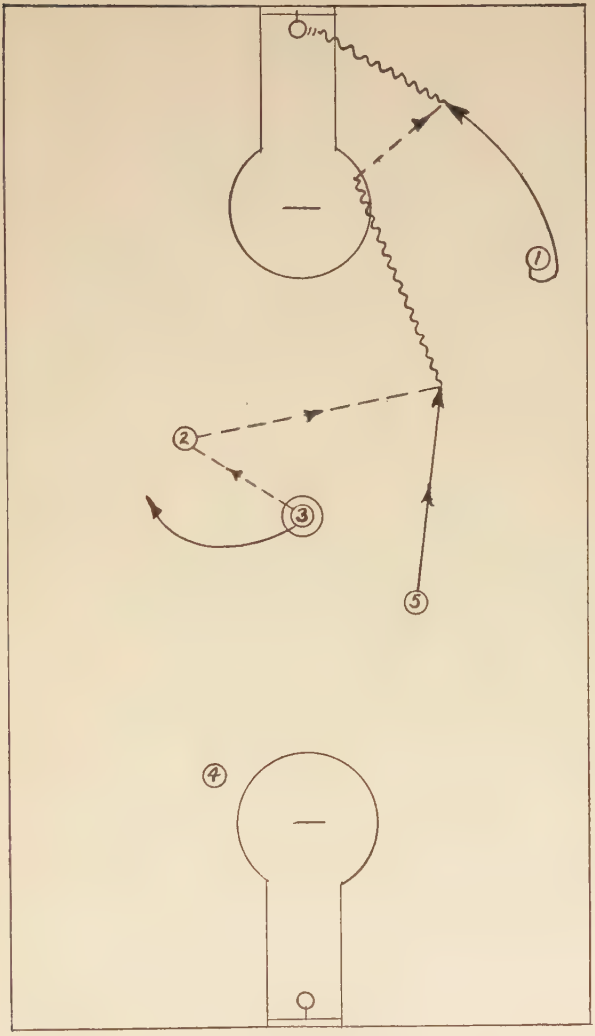


DIAGRAM 43
CENTER TIP-OFF FORMATION AND PLAY

Diagram 44

CENTER TIP-OFF FORMATION AND PLAY

This formation is both strong or weak defensively depending on the play used. This particular play would be considered leaving the team in a weak defensive position if anything went wrong.

O3 to O2 to O1 to O5 who goes in for the basket. O1 must time his move accurately for its success.

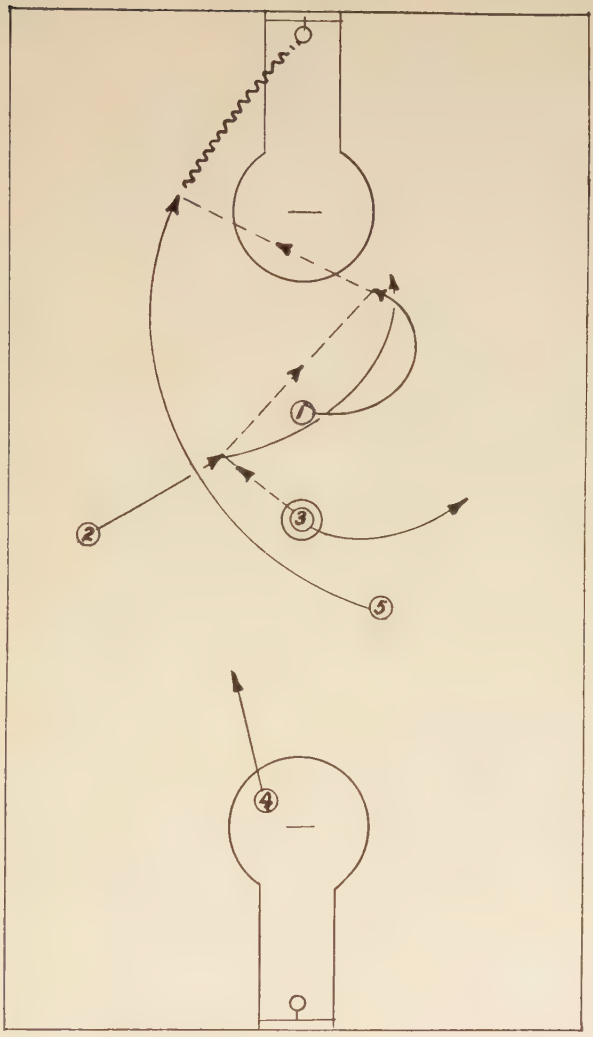


DIAGRAM 44
CENTER TIP-OFF FORMATION AND PLAY

Diagram 45

CENTER TIP-OFF FORMATION AND PLAY

This formation savors strongly of defensive strength yet has offensive possibilities. If the center takes the correct defensive position after losing his tip-off nothing will be lost attempting the play diagrammed.

O3 to O1 who dribbles to his left to allow the time for his teammates to get under way. O1 to O2 to O3 as shown. O2 can omit his dribble if O3 is free.

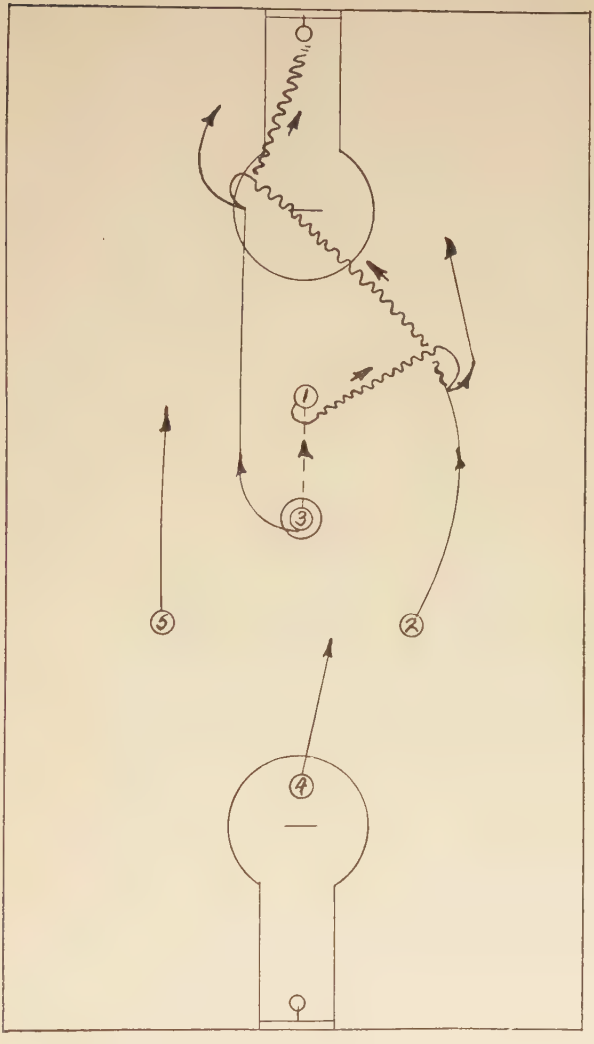


DIAGRAM 45
CENTER TIP-OFF FORMATION AND PLAY

Diagram 46

CENTER TIP-OFF FORMATION AND PLAY

This formation shows about the strongest defensive possibilities available with any offensive strength in it. It is difficult to design any plays from it and teams using this formation are admitting that they are satisfied to get possession of the ball.

O3 to O1 to O2 to O4 to O1. If this play works as diagrammed it is proof that the opponents have left themselves wide open defensively. The use of this defensive formation indicates, though, that their formation was very strong offensively and that you do not expect the jump advantage between centers.

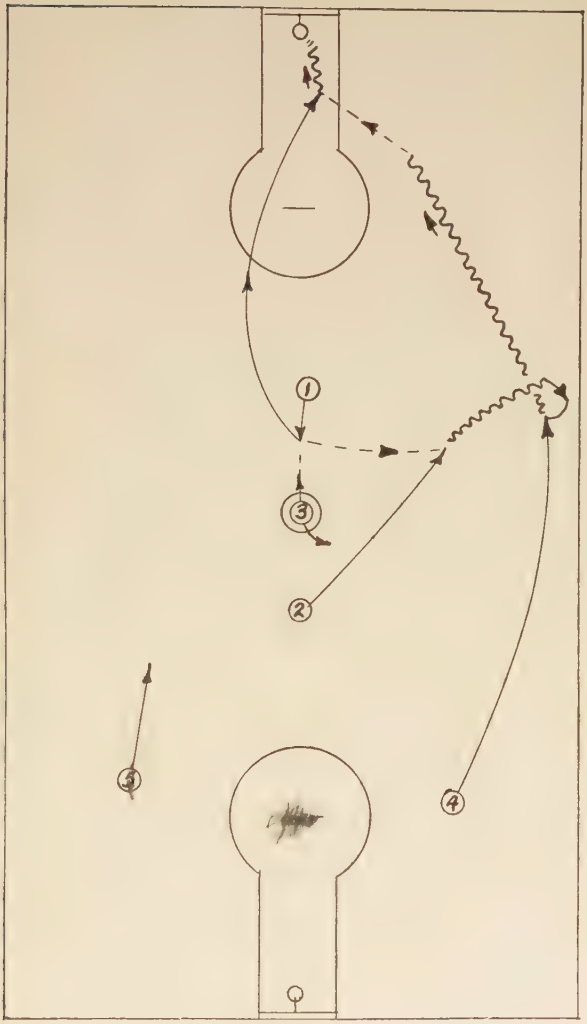


DIAGRAM 46
CENTER TIP-OFF FORMATION AND PLAY

CHAPTER X

OUT OF BOUNDS PLAYS

The best out of bounds play is the quick return. The moment the ball goes out of bounds it should be literally pounced upon and passed in to a teammate, while the opponents are still off balance. This is alert and smart basket ball. No set plays will work against a good team, who are prepared for them, as well as the simple quick return of the ball from out of bounds, when opponents are not ready. This does not mean that players should recover and pass in balls from out of bounds which obviously do not belong to them, but all others should be gone after. Frequently a ball, which the official has doubts as to whom it belongs, is awarded to the player, who went out after it as though it belonged to him, while his opponent stood there with doubt and indecision in his actions. The decision of the official is instantaneous and the look of doubt means "Guilty" to him. This aggressive player is not dishonest in his actions. Basket ball has not yet reached the handkerchief and perfume stage and to the hustlers belong the spoils. Players do not miss free throws purposely because they doubt the foul called was warranted. They know that where this break is for you, the next may be the opposite. The smart teams try to get all the breaks they can. When good basket ball games are played and handled by good officials, a player can justly take a little pride in the fact that he has out-foxed an opponent. He can even gloat a little without deserving a reprimand, for it is not this kind of bragging that makes him swell-headed. He is too busy planning the next coup. They are the ideal type of athlete—cocky, but thinking and planning, and confident with great determination. A coach can never get too many of these boys. They are even too smart to get swell-headed.

The set out of bounds play is fine when it works. It will provide a merry evening against a green defensive team but the

fact remains that they will not be successful against well coached teams. There are not many variations of out of bounds plays in type or style. Blocking is the basis of every one. Once a team is prepared for the general type they can solve all of them. The successful plays are those which start out as the regular type but develop into a style designed for execution against the defense which started to meet the regular play. In other words, a smart team has been out-smarted by a smarter one. It is comparable to the batter in baseball, who bunts when the defense is set for a hit, or hits when they are set for a bunt. In general, the coach planning out of bounds plays is banking on their success through the inefficiency of the defense. This is building on false ground and is unwise. Try to design all attacks so they will have success against correct defenses. It does not pay to fool yourself. See Diagrams 47, 48, 49, 50.

Diagram 47

OUT OF BOUNDS PLAYS

"A"—O1 passes to O2 after O3 and his guard cross in line of X1. O2 takes spot shot from position where he received pass.

"B"—O2 and his guard cross in path of guard of O3. O3 front turns circling around under basket for pass from O1.

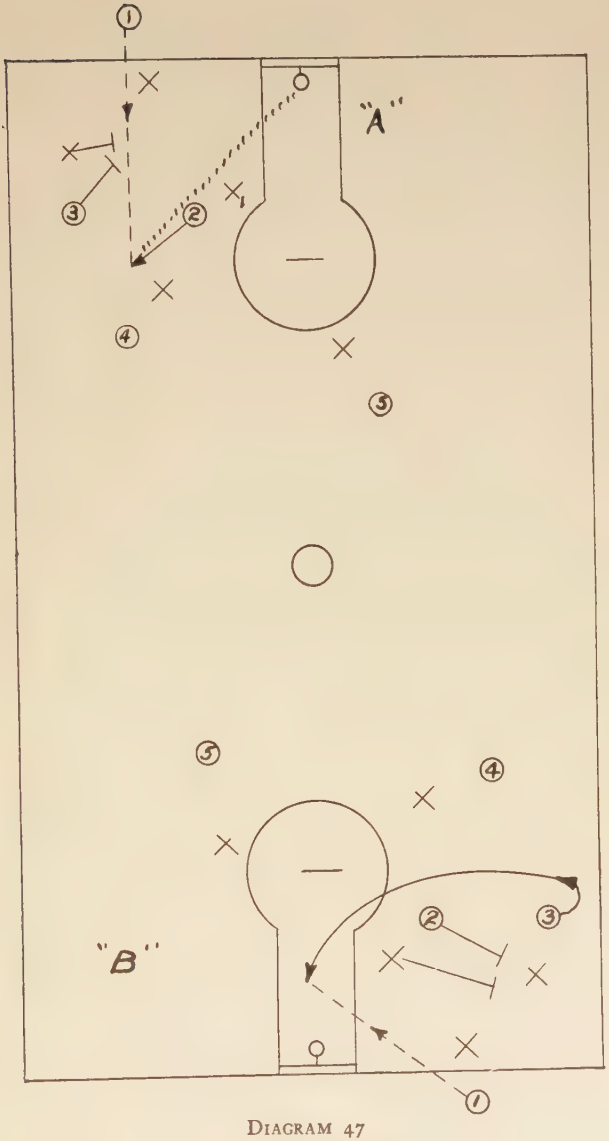


DIAGRAM 47
OUT OF BOUNDS PLAYS

Diagram 48

OUT OF BOUNDS PLAYS

"A"—This play is a follow-up for play Diagram 47 "B." If the guards shift, O2 turns and takes pass from O1 while his man is chasing O3. The guard of 03 will be behind O2 when he goes in to the basket.

"B"—Both O2 and O3 pivot going to near side lines. O4 cuts in between them receiving pass from O1.

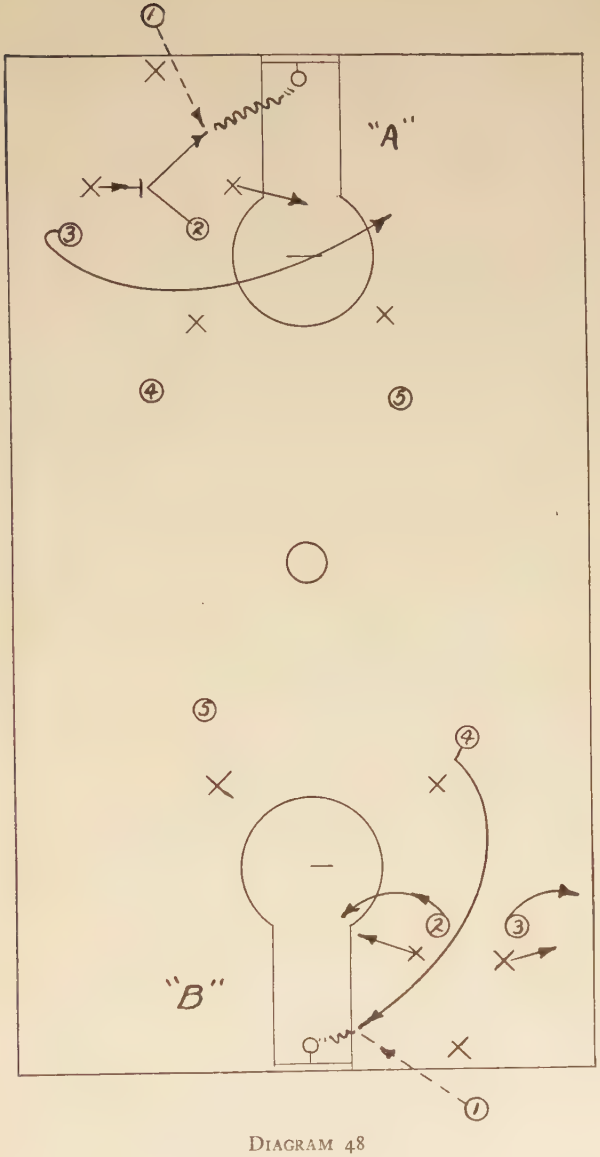


DIAGRAM 48
OUT OF BOUNDS PLAYS

Diagram 49

OUT OF BOUNDS PLAYS

"A"—Three men across. O2 blocks, O3 turns going around wide, O5 cuts behind O2 for pass from O1. If guard of O2 does not shift O3 should get the pass.

"B"—Side line out of bounds play. O3 and his guard create a bump for man watching O1. O1 cuts for basket after passing in to O4. O4 passes to O1. O1 goes in for basket.

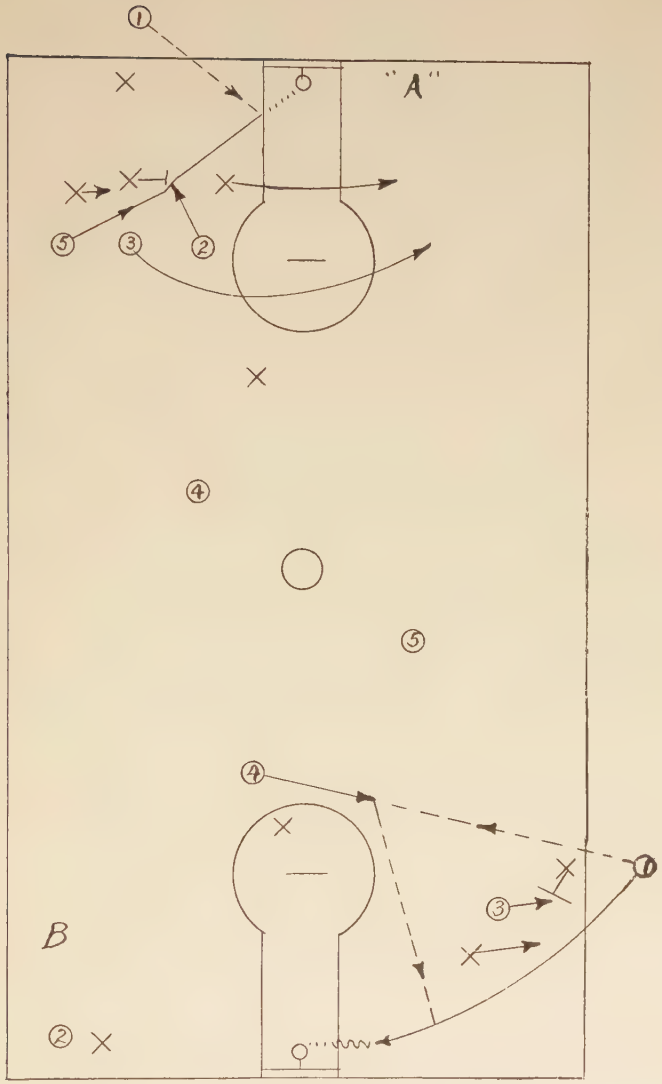


DIAGRAM 49
OUT OF BOUNDS PLAYS

Diagram 50

OUT OF BOUNDS PLAYS

"A"—Side line play O1 to O3 to O1.

"B"—Side line play. As O2 and his man go out O3 cuts for the basket. O1 passes to O3. This will be successful if defensive men do not shift. If they do shift, O2 should get the ball from O1.

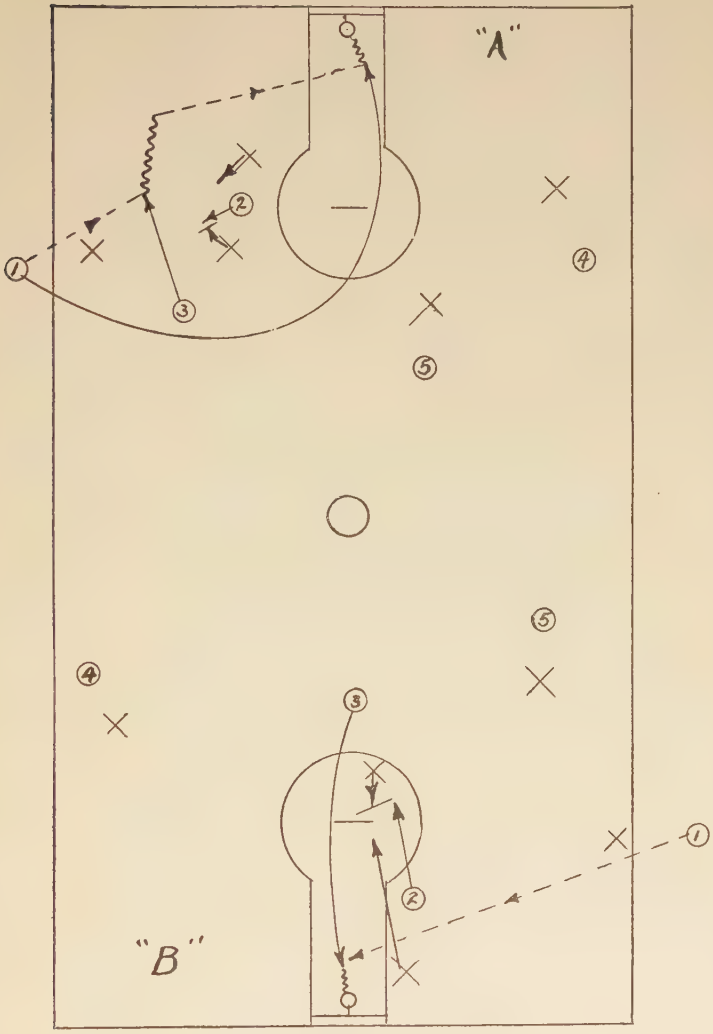


DIAGRAM 50
OUT OF BOUNDS PLAYS

CHAPTER XI

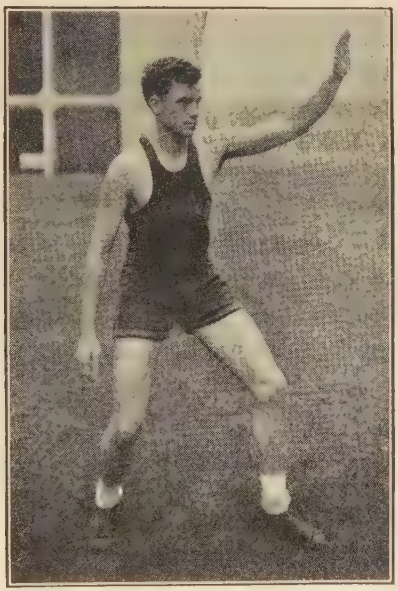
INDIVIDUAL DEFENSE

If anything can soothe or allay the doubts and fears of a coach as his team goes into a hard battle, it is the fact that he will be able to hold the other team to a fairly low score. This, in turn, assures him that if his offense is working in good shape he should have a fairly comfortable margin at the end of the game. He also knows that, even, though his offense may be off-color, the game will still be close with a chance for victory. The old adage that "a good offense is the best defense" presupposes that the offense is good every night the team plays a game. An offense, too often, will fail to function. Players have a habit of becoming overconfident, getting out of step some nights, missing baskets, and so forth. The loss of a man in a high-geared offense through illness or through personal fouls will sometimes completely wreck its chances of functioning.

It is a good idea to learn early in the season that, if your immediate opponent as a player or your opponents as a team do not score any baskets, you will only need one to beat them. A team should not be too top-heavy in any one phase of the game at the expense of another angle of the game, still the tendency is to place too much stress on offense and not enough on defense. Championship teams must have both in a good measure. A defense is more rugged than an offense. In other words, it takes a great deal more than unfavorable playing conditions such as the lights being poor or baskets too loose, to hurt a defense. Yet those facts have cut down the effectiveness of an offense.

A man once walked off the floor after having to all appearances played a wonderful game. He was cheered by the crowd from beginning to end. This was a fine compliment to the boy, especially since this game was played away from home. His dribbling was spectacular, and his shooting was also good as is shown by the fact

that he had seven field goals to his credit. Going to the dressing-room he was congratulated on all sides for his wonderful work. Although his team had been beaten by one point, it was hard for him to see where, if everybody had done as well, why the game would not have been won. These thoughts were in the player's mind. The coach, however, soon put a different idea into his head when he took out the score book and showed that, whereas he made seven baskets, his opponent had scored eight. In this respect, it is well to note that in all future memories of the game the coach could not figure out how this player could have scored another basket to turn the tide of the game one point in favor of his team.



DEFENSIVE STANCE (LOVELL)

He could, however, and did show this player how with very little effort, he could have stopped at least three of the baskets scored against him and for which he was directly responsible.

It is a great deal easier for an ordinary defense, properly applied, to stop the best of offenses than it is for these so-called good and highly polished offenses to go through a well-planned defense. In other words, a defense properly coached will stop good offenses and hold them to a respectable score. The coach's problem, of

course, is to get the balance of strength between his own defense and offense divided sufficiently even, so that after his team has held the aforesaid offensive team to a low score they will have made enough points themselves to win the game. Teams going into a game with the sole intention of holding the score down are admitting defeat before the game starts.

It is comparatively easy for one player to keep a man from scoring field goals, if he continually fouls him. There can be little satisfaction in stopping an opponent in this manner. A player can take little credit for this achievement, since he had to go outside of the rules to accomplish his aim. The coach does not profit by this advertisement, for it only proves that the player was not properly coached in the fundamentals of individual defense. A player properly coached can hold down his opponent's score easier and, what is more important, do it cleanly. To have the best defensive team in the league and at the same time the fewest number of personal fouls per team, is a worth while achievement.

Individual defense depends on stance, foot-work, and position. Every man must be well-coached in these three points no matter what type of team defense is being played. In the man to man game one always has an immediate opponent, and in all other types there is a time when a man must be picked up and covered.

Position

There are several cardinal rules for individual defensive play. In taking a position, it is very necessary that you never let your man get behind you. Always keep between him and the basket. It is a good idea to favor the inside of the floor giving your opponent more or less open gate to the side line. This point has two values. The first is the fact that you are now playing safe to one side. In other words, if you are inviting the man to go down the side line to your left, he would practically have to run over to you to go to your right. He would at least have to make a big circle. This position permits you to go down the side line with him more easily and still gives you plenty of time to adjust your position if he elects to go the other way.

The second advantage of this position and another rule to observe in defensive play is that it is always best to drive offensive

men to the side line. It hurts their shooting and takes them away from the best zones for offensive team-play. The fact that all offensive formations place their men in corners and at side lines in position to break to the center proves this point.

The third point demands that the position taken by the defensive man must be such that you can always locate the ball. It is much easier to know what your man is going to do and when he is going to do it, if you follow the progress of the ball. This also tells you how far you can play away from him. There are times when an offensive man will maneuver you to a location where your position will put your back to the ball. Under these conditions you must be more alert for you will have no other way to know where your man is going until you see him move.

The fourth point is to know the distance you can play from your man. This varies in two ways. In the first place, the closer he is to the basket, the nearer you will have to play to him. The second consideration will vary this distance in accordance with your speed and his speed. A slow guard cannot play nearly as close to a fast opponent as a fast guard can to a slow man. If this difference has not been determined by scouts previous to the game, it must be learned in the early minutes of play. The guard had better play a little farther away until he has determined for himself the speed of the man he is up against.

Stance

Since the matter of position has been decided and taken by the defensive player, it is now necessary to place oneself in a stance to meet any of the offensive player's moves. Stance is the position one takes to get foot-work started or to stop a shot at the basket. Assume that this offensive and defensive pair are about mid-floor and halfway to the side line, the offensive man has just caught the ball, and is in position to pass, shoot, or dribble. The defensive man now knows that he has to protect against each threat. He knows he must stop this man all by himself, since each one of his teammates is paired up in the same way he is.

In the case of the offensive man electing to pass, it is now the duty of the defensive man to stop this pass if possible, or at least to threaten sufficiently, so the pass, when finally made, will not be

of the best. To attempt to stop a shot for the basket entirely will in most cases leave him open to a dribble around toward the basket. At this distance out on the floor the defensive man should be satisfied to force the offensive man to shoot over his raised hand, causing him to arch the ball higher at the start of the shot than he ordinarily would. Not many baskets will be made from this distance with this additional handicap. The great threat and the great danger is underneath the basket behind the defensive man. Protection at this spot should be uppermost in his mind, and his actions in stopping the pass or shot are tempered to the degree that he can protect against the dribble past him. As the position of these two men nears the basket the liability of the shot gradually increases, until it becomes greater than the danger of the dribble. The guard's actions must be guided accordingly.

It is easily seen, therefore, that the stance must primarily place one in a position to go toward one's own basket quickly, and at the same time have your back to it before starting. To do this place your favorite foot forward. Assuming that this line-up puts the near side line to the left of the guard, and that his right foot is forward, all his weight should be on his left leg. He should be leaning back, with his left shoulder dropped. His right hand should be raised. He is now in position to protect in all directions.

Foot-Work

The guard now must be ready to meet any move of the man with the ball elects to go down the side line, the guard makes a fundamentals foot-work by far is the most important. The proper step must be used at all times. In the problem above, if the man with the ball elects to go down the side-line, the guard makes a front turn by crossing the right foot over the left. This step should be long and should give you one half a step advantage over the offensive man who will have had to use three steps to get where you are in one. This compensates for the fact that he has a flying start, while you start from scratch. If the man with the ball elects to go to your right, he should be driven across the floor to the opposite side line by a glide or first baseman step. To execute this step, the right foot is moved first as in the previous case. This time it is moved to the right and back and placed even

with the left foot across the floor. The left foot is next brought over to the right foot. Then the right foot in turn is again advanced to the right. In other words, while the guard started down the side line the natural cross step was used; it must never be used across the floor. The reason for this is that in the latter case if after the first move of the right foot the left foot had been brought across the right foot, in the natural running stride, the defensive man would be unable to come back until the left foot had hit the floor and shoved off again for the step back. In the meantime, if the offensive man had made one step to his left, and changed his direction for a return to the right, he would be in two steps where the defensive man would have had to use three. This is the penalty for a false start. The first baseman step across the floor after a little practice is just as fast as the cross step.

As it is fatal to tangle your feet, in any of the two former steps, so it is just as fatal in the case of a man maneuvering straight toward you or away from you. If he steps toward you, drop your left foot back slightly for your first step. This is to keep your opponent from getting a flying start. By this time he will show his direction right or left, and you will be guided in your step by the previous instances. Now in case this was merely a threat on his part and he draws back, to get your original position merely reverse the order going back. Close up a partial distance with your right foot first, bringing up the left foot as the second movement. If this leaves you too far away, repeat the steps in the same order. In other words, in all his maneuvering you are merely meeting every threat he makes by a defensive step which never changes the relative position of you as a pair from the original.

All this time the chances are the offensive man has been faking the ball. Remember that this is being done to get you off balance. The chances are that not once in a hundred attempts could you take that ball away, since he can pass, shoot, or dribble. In the last resort he could merely pivot and back pass, or turn around and dribble away. In many instances, though, this ball will attract the eyes of the player to the extent that it is comparable to circus entertainers charming snakes with their music. The guard will gradually focus his eyes on it, start taking the weight off the left leg and putting it on the right, reaching out with his hands, until

GOOD DEFENSIVE STANCE NEAR SIDE LINE IN MIDDLE OF FLOOR. GUARD IS SET FOR ALL OFFENSIVE MANEUVERS

he finds that his opponent is dribbling around for a basket. This can easily be done with his flying start, while the guard draws his body back and shifts the weight back again from his right to his left leg. If the eyes must be focused on something, put them on the pivot foot of your opponent, because the ball must leave his hands on a dribble before that pivot foot leaves the floor.

There is another important rule for defensive play in man to man defense, and that is, that you must never jump off the floor. The only exception to this is to get the ball at the defensive back board. At all other times stay on the floor. When a defensive player jumps, it is a sure sign that he has loafed in maintaining the proper position in relation to his man. In other words, he suddenly finds himself too far away as his man starts a shot for the basket. With one step forward and a leap in the air with arms raised in spectacular fashion (from the spectators' point of view), it appears that he has effectively stopped the shot only to find that his opponent has crossed him by bringing the ball down again and dribbling around for a basket, while his own outstretched arms appear to be holding him suspended in mid-air. A few years ago an All-Conference guard in an important game permitted his man to get five dribble-in baskets. Outside of that his man did not score, but, sad to relate, the guard jumped five times at fake shots. Happy to relate he never jumped again. A lesson was well learned. See Diagram 51.

Dribble-In Shots

In spite of one's best intentions there will be occasions in a game when a dribbler will get a cut on a guard. Instead of the guard being a half step ahead and able to force him to the side lines, the dribbler gets this half-step lead, and can take a straight route to the basket. The guard will have very little difficulty in catching up with the dribbler but, since the dribbler now has the right of way to the basket, the burden of proof will be on the guard if the dribbler is shoved away from this route. Most guards, however will wait until the dribbler is ready to shoot. This is also the time when most guards will make a foul. This is also the time when the foul permits two free throws, and if the basket is made there is a chance of getting four points in this one instance. There-

Diagram 51

Defensive Foot-Work

"A"—As offensive man takes step #1 to start dribble the defensive man will take short shift #1. As the offensive man takes step #2 the defensive man makes a front turn #2. He uses the regular running step to stay with him.

"B"—The same maneuver with the guard having his right foot forward on the opposite side line. If a guard uses his left foot forward he will use steps in "A" at "B" and vice versa. If he can use either foot forward the position shown in "B" is the better for all purposes.

"C"—Offensive man going across floor. Offensive step #1 is equaled with defensive step #1. As offensive player takes step #2 guard brings up left foot to right as shown in line #2. His next step is with the right foot, then the left across again. This glide or first baseman's step continues until the dribbler turns down side line when the guard will shift into the running stride by using a front turn.

"D"—As explained in "C."

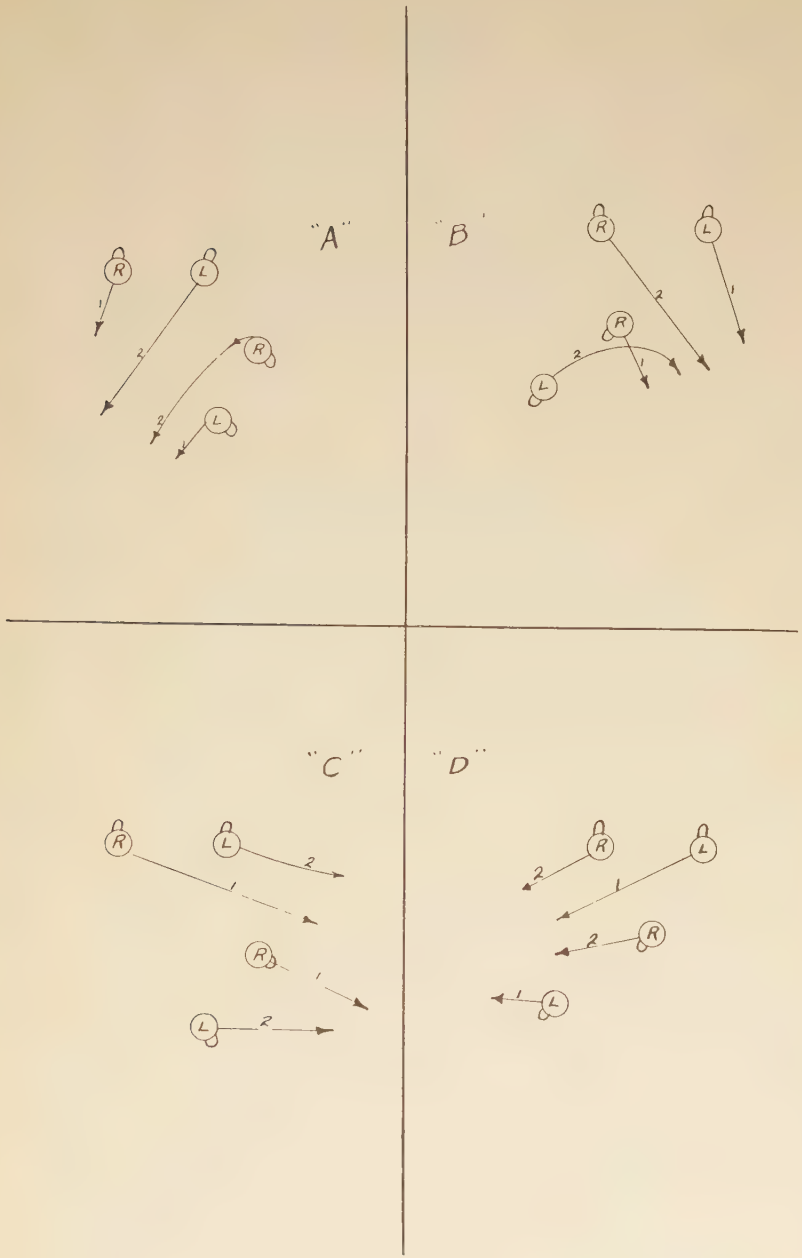


DIAGRAM 51
DEFENSIVE FOOT-WORK

fore, since these instances will come up, it is essential that all defensive men know the proper way of guarding against it.

Instead of trying to drive the dribbler off his route to the basket, which cannot be done legally since he has a half-step on you, it is better to concentrate all effort toward stopping the shot for basket. This is easier than it appears after a little practice. As you are approaching the basket, it will be very easy to see from where the dribbler is going to shoot. Your object now is to be at that spot at the same time he is. Most guards at this point will get excited and slap their arm down and across the shooter's wrists, which of course is a foul and very clearly seen by officials. It is necessary at this point to study the situation. As the shooter lets go of the ball for the basket it will have only a distance of about three feet to travel. All that is necessary is for the guard to place his hand in this line of flight. In other words, as the shooter leaves the floor for the shot the guard leaves the floor to stop the shot.

It is very important, however, that the guard uses his inside arm and that this arm is raised in the vertical plane of his own body and not reached across in the plane of the arms of the shooter. In other words, the effect is that the shooter is now throwing the ball against the hand of the guard. This is nice and nifty defensive work by the guard. The reason for using the inside arm is that one can reach farther and there is not so much danger of crossing it into the plane of the shooter. The second reason is that by putting up the inside arm the guard's body is twisted away from the shooter. Using the outside arm will twist the guard into his opponent. In this connection, it must be remembered that the rules permit the shooter his balance until he has landed. Raising the inside arm keeps you away from him and if there is any foul it is because the shooter charged into the guard. Another advantage, in this turn, is that it leaves the guard facing the basket for rebound work if necessary.

It seems that most officials, as the situation described above develops, acting on previous experience, draw a deep breath to blow their whistles and call a foul. In the past there have been a great many fouls committed in this situation, and officials possibly can be excused in their eagerness to blow the whistle at the instant of the foul. In many cases, they have fouled a man who has in-

tercepted the shot exactly as recommended on account of their previous experience and speed with the whistle. They will, however, admit after the game that they were wrong and as a result some good missionary work has been done, and the occasion very likely will not happen again. The tragedy of the situation rests upon the guard who has done exactly what he has been coached to do and has made a nifty play. It will be necessary to explain to him the official's mistake and guarantee that it will not occur again. This will satisfy him, and build up his confidence for the next attempt.

Avoiding Blocks

In all man to man defenses any time two offensive men pass each other in crossing the floor, a natural collision or block will take place unless skillfully avoided. This blocking is perfectly legal and is not difficult for the guards to avoid. In most cases the guards will pass one behind the other, with the man who is following the man with the ball having the inside track, since he has the more dangerous opponent. This all works out very well when they are foreseen. On the other hand, blocks will occur when least expected and a guard new to the man to man game will often be hopelessly removed from all contact with his immediate opponent. In cases like this, if the guard will only subconsciously carry the idea in his mind that, if he immediately pivots, he will slide off and around this obstacle and, in most cases, be in position to pick up his man again. This work means practice, not so much for perfection in execution, as it does to teach the guard to form the habit of automatically pivoting around any time he bumps into any one.

Back Board Defense

Most of the time one half or more of the baskets scored against the team are short shots. These shots come from plays where the ball has been worked in, from dribble in shots, or follow and tip shots. A good back guard always has been the most valuable defensive element and very likely always will be. It is difficult to divide the responsibility of taking the ball off the back board to two men or parallel guards as they are called nowadays. When two guards are found who work together in perfect coördination, the situation is easy. It takes a great deal of aggressiveness and

considerable knack to handle this work properly. If both guards do not have these two qualities in equal proportion, the one will overshadow the other so much that a coach cannot afford to leave this responsibility divided. In this case he must designate one man to do the work, while the other helps blocking off follow-up artists and goes in for the second rebound, if the first one has been missed.

To develop taking the ball off the back board put a forward about twenty feet away from the basket with the ball, and the back guard opposing him. This forward can now shoot at the basket and follow in his shot. The guard turns with the shot and focuses upon the line of flight of the ball. At the same time he must keep his man behind him and away from the board. It takes considerable time to teach this feature alone. The guard must remember that the longer the shot, in all probability, the further the rebound. He cannot go in as far to the board, or as quickly, for nothing is worse than to have the ball rebound over his head, after keeping the forward out there with expectations of the ball rebounding short. For shots of about twenty feet in length, the free throw line is a good place to be at the instant the ball hits the basket or board. At this instant the guard should be poised momentarily, feet well spread, knees bent, arms out and up, so that he can spring in either direction or in the air. Against good follow-up teams, who drive the back board, the higher the guard jumps the better his chances of getting the ball.

After recovering the ball, the guard has two additional duties to perform. First of all he must avoid having opponents close in on him for held balls. To avoid this he makes a front turn immediately upon landing, advancing toward either side line. The idea is to get the ball away from the basket, which is a dangerous position. His next duty is to start it to a teammate on the offense. The sooner it is started against teams that drive the back board, the better will be the chance of catching them off-balance for a fast break down the floor. There is no better offense than this when it works, and it should be used whenever the opportunity presents itself. The guard must be very careful not to pass the ball across the floor under the basket, for these passes are very easy to intercept and are in a dangerous locality.

The advantage of a big rugged back guard cannot be over-

estimated. He will be a man hard to be shoved out of position while getting the ball off the board and big enough, so that in the case of held ball, he can successfully out jump his opponent. This will give him the added confidence necessary to keep from making a bad pass just because he is being forced into a held ball or an awkward position. He knows he can out jump his immediate opponent and the ball will thus return to his team in a better position.

Two On One

It frequently happens that a back guard will find two men coming down the floor against him after the balance of his team has been caught returning to the defense too slowly. In this case, it is fatal to take one man. He must be reconciled to the fact that he cannot stop a shot of moderate length. If he tries to stop any of these shots, he will find that the second opponent has gotten behind him, and will receive a pass permitting him a short shot. His first duty should be to slow up the man with the ball dribbling down the floor, while watching for the other man cutting past him. The more he can slow up the play, the better his chances will be for help from teammates. After the play gets down to where they are close enough to the basket so he can watch both to some extent, he should bluff a step or two out toward the dribbler, to make him stop if possible. He next must step back and keep in line between the man who has the ball and his teammate. This is to stop the pass to the teammate for a short basket. He can do considerable faking as to covering up, but must keep his balance at all times. He is only making the best he can of a bad situation. Teammates, coming down the floor to help him, must be coached to pick up the proper man and not select the one whom the back guard is apparently covering the closest.

Picking Up a Dribbler

As a dribbler speeds down the floor toward a guard, two duties are imposed on this defensive man. He must first of all remember that a standing object cannot start even with a moving object and compete with it on even terms. To pick up a start to go with the dribbler retreat slowly as he nears you. Gradually increase this

Diagram 52

PRACTICE IN PICKING UP A DRIBBLER

Line the men up as shown and as dribbler O1 approaches X1, X1 should step out to meet him. When the dribbler is about 15 feet away X1 should back up to make dribbler show direction as well as getting a flying start for himself. X1 front turns in direction O1 takes, going with him with the regular running step.

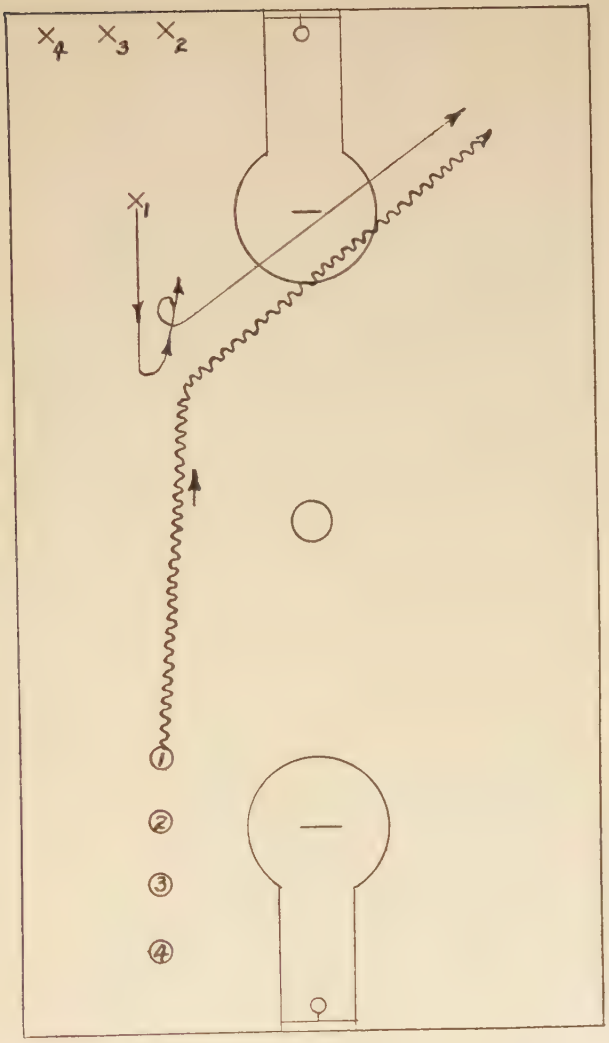


DIAGRAM 52
PRACTICE IN PICKING UP A DRIBBLER

retreat as he shows his direction right or left. Make a front turn in the direction he is going. Your speed should now equal his. The second duty is to see to it that this dribbler is kept going to the side line he turned to and not permitted to curve back to the basket. See Diagram 52.

CHAPTER XII

TEAM DEFENSE

In general, team defenses are divided into two types, namely, the zone and the man to man. Ordinarily a coach must make up his mind, when planning a season, which defense he plans to use because they are so different in their nature. Owing to the lack of time and this difference in nature of the two defenses it is practically impossible to coach both of them. Whereas the choice of the two often depends on which type the coach himself favors, the material at hand, size of floors, style of play used by most opponents and so forth will have some bearing on the selection. Each one has its good and bad points, as well as its strength and weaknesses. All these factors will have to be taken into consideration, before deciding which of the two will be used. To try to use both will very likely result in only partial effectiveness with either one.

Zone Defense

Zone defenses, after years of many styles, have gradually identified themselves with two main types. The Unit Type operates on the basis of meeting every team movement of the offense with a similar movement as a team on defense. The theory is sound, and when properly executed it is very effective. The usual formation consists of two men back and three men up. The distance out that the front line takes its position varies under many conditions, but, as a rule, the man farthest out is but slightly beyond the free throw circle. Long shots are permitted but are bothered to some extent by making the offense shoot over raised hands. Often the team will shout as the man is making the shot. This bothers some types of players. Usually the tall center is placed in the outside position to take advantage of his height in making the offense shoot higher.

Three men are placed in the front line in order to make it

difficult to pass the ball through to offensive players behind the front line. Two of the defensive men devote their attention to this. Assuming that the two forwards are flanking the center in the front line, one of them is helping block all passes coming in, if the ball is to his side. The forward on the other side has shifted over and more or less into the hole of the defense. Both guards in the back line have also moved over. An offensive man in the opposite corner is completely ignored, as well as the guard of the defensive team who does not have the ball, provided, of course, he remains outside the circle. This permits five men to take care of three, and is very effective when it is handled properly.

If the ball now is passed to the other side of the floor the entire defense moves as a unit, and takes a similar defensive position for this situation. No matter where the ball moves, it must be properly met by the proper formation. In all this maneuvering, the defensive men are playing the ball. They follow the ball with their eyes at all times, and are taking positions for its interception. It is one defense where jumping may be permitted to stop shots at the basket, especially by the front line. Some coaches will use three men back and two up for this same formation; other coaches will use two up, two back and one man in the center. In the end, they all look about the same, since they are meeting each movement with the proper shift and are variable. Diagram 53.

Spaced Zone Defense

A similar type of zone defense lines the defensive players in any one of the same formations explained above, but, in theory, has five areas or circles marked on the floor, each man being responsible for any offensive play in his area. This makes it necessary, at times, for one man to cover two men in his territory. The difficulty lies in boundary lines. An offensive man on a boundary line may be left uncovered, because the guards in each of the adjacent areas assume that the other has taken the responsibility. This defense is a little easier to coach than the unit type, but ordinarily is not as effective.

Advantages of Zone Defense

It has already been stated that the zone defense is sound in theory. It also has advantages over the man to man defense since

it leaves the team using it in better position for attack after the ball has been recovered. Each man will always be starting down the floor from the same position and at the same time as his other offensive teammates.

There is also no doubt but what it is a great deal easier physically on the men. It conserves considerable energy, since shifting across the floor is a great deal easier than chasing a man all around the court. It is also a very good defense against a poor passing team. In the first place, since the defense is intercepting the ball at all times, they will get it much oftener than against a good passing team. Then again the fact that they need not worry about a man cutting past them and can afford to get off balance to block passes, the poor passing team will find their passing becoming increasingly difficult. It is also a good defense to use when the team using it is ahead. The burden of proof is now on the offensive team and they must take the ball through the defense whether they like to or not.

Disadvantages of the Zone Defense

The zone defense is always placed in a bad position, when the opposing team uses a fast break. In other words, the team using a fast break gets the ball down the floor before the defense is set. This places it in a bad predicament since they are not coached in playing the man to man game. Most teams use a fast break when playing against a zone defense and, if they can bring the ball down the floor fast enough, are usually quite successful against it.

Another way of playing against the zone defense is by maneuvering to get two offensive men onto one defensive man. This usually works very successfully, if these two men can handle the ball properly. In fact, all teams having to go up against zone defenses will find it to their advantage to be very sure of themselves in passing the ball. Another disadvantage of the zone defense is that it is a lazy defense. After moving across the floor several times against a slow passing game, with no attempt being made to pass the ball through, many players have the tendency to loaf to their proper position. This is but human nature on the part of the defense, and it is also natural on the part of the offense to take advantage of these cases. In fact, any offense can handle the ball

Diagram 53

UNIT ZONE DEFENSE

"A"—Shows the original line-up for the Zone Defense.

"B"—Shows the shift in one type of the Unit Zone Defense, when the ball is in possession of O1. The offensive men on the other side of the floor are ignored to stop the play at hand. If the ball is passed across, the defensive formation takes a similar neutralizing formation in the same manner.

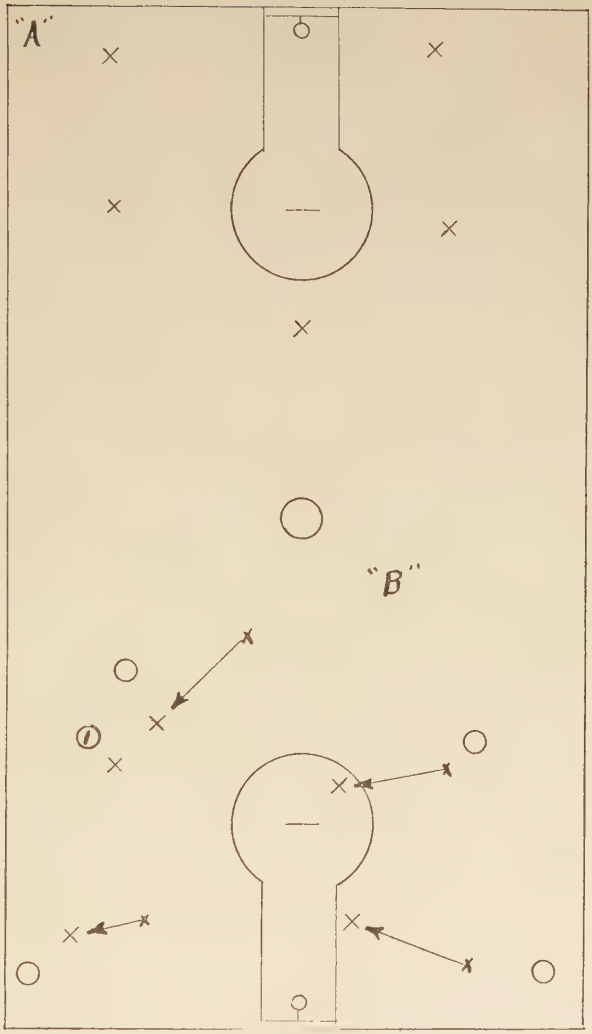


DIAGRAM 53
UNIT ZONE DEFENSE

as slowly as they wish outside the front line of the defense. This permits them to time their plays perfectly. In other words, the defense does not force them to show their hand. The offense takes plenty of time and waits until everything is exactly the way they want it before starting a play. From then on they work very fast. The narrow confines of small floors gives this defense a big advantage but the wider floors are a disadvantage since it forces the defense to cover more territory in their shifts.

4 The biggest disadvantage of a zone defense comes when the other team starts to stall. This may be at the end of the game to kill time or it may be at any other time during the game that the offensive team gets ahead. They may prefer not to attempt to go through the defense, and merely hold the ball out in front. The defense must now go out to force the issue. Unless they can play a man to man defense they will now be completely routed. There have been cases under these conditions where the defense did not choose to go out, preferring to get beaten by the point or two they were then behind, rather than take a bigger defeat while placed at a disadvantage. There is no credit to actions of this kind, and it is not a square deal to the public who have paid their money to see a basket ball game. The burden of proof is with the defense in this case and they should meet it at all costs.

5 Another big disadvantage is the fact that it is hard to coach. Properly executed it is a sound defense. This takes a great deal of time which is very valuable since it is entirely too scarce. A high class zone defense demands almost as much team play as a highly polished offense, and when it does not work, the offensive team goes through it as though there were only five posts on the floor.

Man to Man Defense

In the man to man defense the players drop back into a position similar to the zone defense, but in most cases a little farther out. As the offensive team comes down the floor each defensive man picks up his assigned opponent and stays with him until the ball has been recovered. Where proponents of the zone defense argue that the ball is what goes through the basket scoring the two points, the advocates of the man to man defense argue that it is a man who

puts the ball through the basket. Very likely both are right. There is very little team play in the man to man game, which makes it easier to coach. You can then pin down to any one man the blame for the other team scoring a basket.

Advantages of the Man to Man Defense

The biggest advantage of the man to man defense is that it fits all situations arising on the floor. Against a regular offense it will operate in regular style; against a stall defense it is merely drawn down the floor further. It can force the issue in slow offenses, and can break up the timing of all offenses that depend on this feature for success. Since it is suitable for all these occasions it is obvious that it is a time saver and will permit more time to be spent on offensive coaching. Players as a rule prefer this defense. They take more personal satisfaction in stopping a good man of the opposing team. They frequently will come to the coach during the week asking for the privilege of playing against a star scorer of the other team. It is a game that the spectators prefer to watch, since there is action all the time and greater chance for spectacular offensive play.

In this defense a coach has the opportunity to match up his players to equalize them against their opponents. He can place his small fast guard against the fast forward of the other team. He can put his back guard on the tip-shot artist of the other team, thus assuring having him at the basket for rebound work. His best defensive forward will ordinarily be placed against the floor guard of the other team, while the back guard is being taken care of by the poorest defensive forward. These players are told and coached during the week the relative peculiarities and qualities of the man against whom they are to play. In other words, before and during the game they have but to learn how to adapt themselves to the type of play of only one man on the other team. Except for a passing knowledge, they are not concerned about the style of the other opponents.

The coach also is able to improve a man's individual defensive work during every practice while another man is improving his offensive work. The two men are paired up together, one man to dribble by, the other man to stop him from dribbling by. This is

killing two birds with one stone, and if they alternate this work, it makes for better all around development.

Disadvantages of the Man to Man Defense

There is no doubt but what the man to man game is more tiring than the zone defense. There is a great deal of running around chasing an opponent who is accomplishing nothing. The only way to overcome this feature is to have the men in condition to play forty minutes of basket ball, when they are supposed to. This is their object in going on the floor, and it is not asking too much from them to have them do it.

There are also no doubt times when even in the best coached teams, an offensive man will get a cut and dribble past a defensive player, with no one to stop him in his trip to the basket. The back guard may be held over in the corner with his man, and the only one you can blame is the man who permitted the player to escape. There is also no doubt but what an offense cannot start as smoothly from a man to man defense as it can from a zone defense. This is gradually becoming less so, as the offenses in all sections of the country become more set in their formations.

Shifting

There are times in the man to man game when if two defensive players would shift men a great many steps could be saved. In the case of two offensive men crossing the floor, there would be no block if the two corresponding guards would merely shift men. This, of course, is an approach to a combination zone and man to man defense. There are two reasons opposing this shift of men. In the first place, one man may decide to shift and the other man may not figure on shifting. This would leave an offensive man open. The second reason is the fact that one of the advantages of the man to man defense, as given, was the fact that it demanded of the defensive men the study of only one offensive man. These men having been matched up carefully before the game, after the shift would very often find a small man against a big man, or a slow man against a fast man.

There is no particular need of shift in the above case since offensive men going across the floor are not dangerous. If they

were going toward the basket, the situation would be different. In a block taking place going across the floor, the guard by a pivot has plenty of time to recover and protect the basket. He has the chance here to cut across while the offensive man is swinging in a circle. Where these crosses take place going down the floor, a guard would not have this chance. Under these conditions, it is essential that the guards shift and the guard coming out from the basket taking the man who is cutting toward the basket, while the other guard covers the offensive man whom his teammate has just left. The necessity for these shifts is very easily seen by the players since a basket is about to be made. They make the change very readily under these conditions. It is, however, good policy to shift back to their regular opponent as soon as possible.

Man to Man Defense against Timing Plays

Timing plays are used in set offense for execution only when every condition is exactly right. Offensive players will be in set positions; defensive men where they want them; the start of the play exactly right; or in other words, a machine well oiled. As this play is started every condition for its execution is perfect, and if permitted to start under these conditions, will in all probability advance to a successful conclusion. The trick here is to make the offense start the play farther out on the floor than they want to and also to make this play start before the offense is ready. To do this the forwards on defense force the issue with the offensive guards bringing the ball down the floor. This makes them pass the ball before they are ready for the play to begin, from a time standpoint, and forces the forwards to receive the ball in their break farther out than desired. Even though the play works as successfully as in the former instance, at its completion, it will still be a long way from the basket and the defense will have a chance to pick the man up. It is not strange, now that the offensive men are on their own initiative, they will be bewildered simply because of the fact the play had been so carefully designed to score a short basket at its completion. No alternatives had been developed.

Defense for Stalling

It is well to know the amount of time left to play when a team begins stalling against you. The amount of time left, combined with the score you are behind, will determine how carefully the defense must be played. If the time is short and the lead the stalling team possesses is fairly large, then they must be picked up quickly and more chances will have to be taken. If the time is sufficient and the score is close then care should be maintained at all times. The stalling team are withholding the ball to protect their margin. You, of course, cannot score while they have the ball and time is continually going on. Holding the ball in the back court as they are, will leave the defense wide open if any one defensive man does not cover up properly. The stalling team will take advantage of these openings and score additional points if the opportunity is presented.

It is necessary that all five players cover up at the same time. In the regular defense one can be satisfied to keep his man from scoring; against a stalling offense the same protection is demanded and at the same time, in order to get the ball, the guard must play close enough to his man to prevent passes coming to him. If the ball is obtained by his man he must immediately force the issue, crowding in for a held ball, or compelling a quick pass until the defensive team has finally recovered the ball. One defensive man playing too far away from his man will help make the stall successful. On the other hand, getting off balance while playing close to your man will leave you open for a cut, which is even more serious.

A better way still to play against a stall offense, if time is short, is to never permit the team the opportunity for organizing their stall. This is done by bringing all five men down the floor on your offense and driving the back board after a shot with three or four men for rebound. In other words, all five men are crowded into the offensive area of the court. As the ball comes off the board, even though you do not recover it, close in on the defensive man who does receive it so quickly that he cannot pass it. In the held ball tip-off, do not let the other team get the ball under any conditions. If they do, be on them quickly in the same way. If the other team lays a man back and they get the ball to him you are of course lost. On the other hand, you will be playing five aganist

four which is to your advantage. In the final analysis there is a better chance of pulling the game out of fire under these conditions than there is by permitting the stall formation to be formed. As long as you are playing it right, the breaks of the game will have to take care of themselves, and one might as well be beaten by three points or more as by one point.

Defense for Out of Bounds Plays

Out of bounds plays, practically without exception, have blocking as their basis. Since most of them occur in the offensive end of the court, the proper execution will mean a basket or at best a short shot. Under these conditions defensive players must shift men as the play develops. To a certain extent the principle of the Unit Zone Defense is used. In other words, a set rule to lay down is that when offensive men go across the floor, the defensive guards should shift men without crossing with them. With this fundamental rule in mind, the best way to coach against out of bounds plays is to give to the second team every out of bound play the coach knows. Early in the season, place all players, who have a chance of ever getting into a Varsity game, against these plays. Leave them there until they readily solve each and every one. After this it will be necessary to have only a few minutes practice each week against the special out of bounds plays your immediate opponent will use.

Shifting or Combination Defense

Some coaches have had success with the shifting or combination defense. In other words, the man to man defense is used with all its advantages and without its disadvantages combined with the zone defense in those points where it is most successful. This, in theory, is of course the perfect defense. It demands considerable shifting and considerable headwork. Some carry the idea further than others. It is only after a study of one's material that a coach can decide whether it is practical or not. It will take a great deal of work and time, and the belief persists that any team that can perfect this style of play should be good enough to win with either one of the other straight defenses.

Diagram 54

DEFENSIVE FREE THROW POSITIONS

O4 is the best back board man.
O5 should be another big, tall man.
O3 watches for long rebounds.
O2 covers the shooter.
O1 watches for offensive men lined-up or shifting to sides for a tip from teammate under basket.

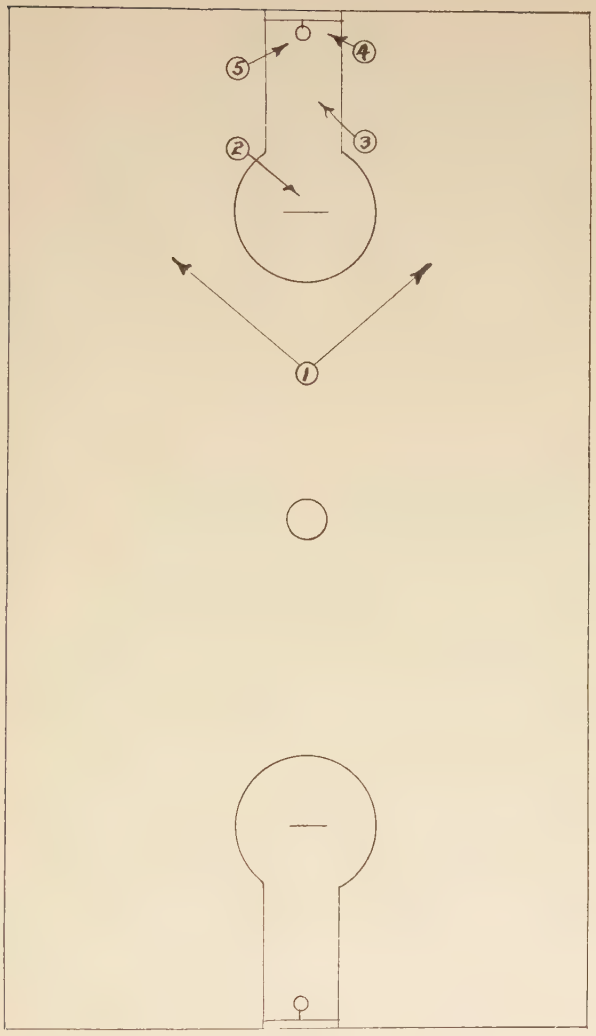


DIAGRAM 54
DEFENSIVE FREE THROW POSITIONS

Defense for Free Throws

The proper defensive formation and back board work should make it very difficult for the offensive team to recover missed free throws. It is necessary that the defense exert every effort to recover this ball themselves. The back board man should have a position next to the basket on one line. The offensive team is entitled to a similar position on the other line. In case of argument as to position on the free throw line the referee should always divide the stations in this way. Most guards prefer one side or the other and should be the first to line up at these positions to get them. If the back guard gets his spot on the line next to the board the other guard should always take the second position out on the opposite line. Even though the back guard does not get to his position in time, he can usually have it awarded to him, if his teammate will take the second space out on the opposite side. Some players have a habit of spreading out four or five feet in this inside position, which is poor sportsmanship. A continuance of this practice will very likely cause the Rules Committee to mark off three foot stalls along the free throw lines. With proper aggressiveness the defensive team should recover the ball, since it is easier to do this than it is for the offensive team to recover and get the ball into the basket. Some coaches sometimes have their players miss free throws on purpose in hopes of scoring two points for one. This is outside the rules in the first place and of doubtful value from any angle. Care must be taken to be sure that one man covers the shooter by stepping in front of him after the ball reaches the rim. It is also necessary to cover any opponent playing around the corner of the floor, since offensive teams frequently use him to bat the ball to. When missed free throws are recovered by the shooting team, it increases greatly the penalty for the foul that has been committed. See Diagram 54.

CHAPTER XIII

SCOUTING

It is a good idea to scout the more important opponents at least once before playing them. Sometimes this will do no good, since just as your own team will play games with no semblance of what they have been coached, just so will the other teams often be as deceiving. This is a good lesson to not underestimate any opponent. The game they play against you may be the exact opposite of the previous game.

The scout usually spends the warm-up period getting acquainted with the players and also watching their style of shooting. Most players will warm up from the spots where they get most of their shots in the game. Players, who shoot underhand, should be checked, as this will be some aid to the man of your team, who will be guarding him. With the start of the game the first thing to get is the tip-off formation. Notice particularly where most of the tips are going and what man of the opposing team is usually driving in for the ball.

It is important to know whether their center will have the jump in your game. You are acquainted with the ability of your own center, so it will be necessary to estimate accurately the ability of his opponent. Find out how tall he is and then watch how far his feet leave the floor with each jump. This can easily be seen by using the referee as a marker. Notice how he stretches out and whether his timing is good. From these points an accurate estimate can be made as to how much offensive strength may be used in your tip-off formation.

It is a good idea to chart each of the shots the team is making. If this takes your eye off the floor too much, it had better be left undone, but a mental note should be made of the spots where the players are shooting from. If the defense the opponents of this

team is using at the time is similar to the defense your own team will use, the shooting chart is of more value.

Watch the individual characteristics of each man on offense. Does he cut, dribble much and follow up his shots? These points will want to be explained to your own players, after they are assigned their men. Notice whether they are slow individually in their defensive play; whether or not they jump and if they are open for a fast break.

If the team defense is of the zone type, it must be studied so that you can explain exactly how it works. If it is the man to man type notice where they pick up their men. Make a guess as to how they will cover your team as individuals. Spend considerable time studying the strength of their backboard defense against rebounds. Notice if the guard brings the ball out quickly.

Mark down their set offensive formation with all plays they work from it. Plays, which are broken up, must be figured out to their conclusions, by watching the actions of the other men. To do this properly, do not focus your attention on the ball but look at the floor as a whole. Pay no attention to their signals either at the tip-off or for their set plays. It pays to teach your team how to win on their merits, rather than to depend on advance information through opponents' signals. It is also dangerous to presume they will use the same signals. These signals may be changed which would leave your team up in the air. Copy all their out of bounds plays so that your team can practice against them.

In the report to the squad, it is much better to over-estimate a team, rather than underestimate them, but it is a good idea to report their strength as truly as possible. Reports, which repeatedly over-estimate a team, will soon be water on a duck's back to your own team. Advise each player of the number and appearance of his own opponent and spend some time on the floor showing his type of play. The offense should be given to the second team and they should go through it slowly, with the regulars in position, watching it only. They must now be told how to meet it. Now let the second team speed the offense up a trifle with the regulars giving opposition. The second team should not attempt to work these plays too fast, since they will not be able to execute them properly

at high speed. On the other hand, if they are worked too fast the regulars will not have time enough to properly analyze them. In the game they will speed up to keep in step with the opposition and meet the play successfully, if they have sufficient knowledge of what is coming.

CHAPTER XIV

THE RELATION OF MANAGER TO COACH

The student manager of the team can relieve the coach of considerable burden in assuming many details which come up during the season. Most managers, through their two years as tryouts and assistant managers, have been well grounded in the duties they must perform. They have also been imbued with sufficient team spirit by this time to do their work conscientiously. Under these conditions they are worth considerable to their coach. They are also now capable of passing on these traditions to the next incumbent.

Since he accompanies the team on the trips, he had better be appointed team scorer. He should be coached in the rules and be cautioned as to accuracy. Above all he must be honest in his work and understand that he is on duty neither to cheat or be cheated. Mixups in scoring are impossible, if the scorers check after each score and foul.

The following instructions are executed by basket ball managers of the University of Michigan Basket Ball Teams. They take considerable burden off the coach.

Basket Ball Manager's Duties

FALL PRACTICE

1. Call for tryouts. Be sure of their eligibility, both in grades and in number of years they can serve.

2. Arrange, as soon as possible, the schedule of assistants and the tryouts to work under him.

3. Inform the tryouts and assistants of the methods of selection, eligibility, and relations to coach, trainer and manager.

4. Manager corps should be on duty at least ten minutes before the time for the players to arrive.

5. Have as equipment ready at the gym about fifteen inflated balls, both colored and blue jerseys, pants, socks, supporters, shoes, sweat shirts, sweat pants, whistle, candidates' cards, equipment record book, locker number book, charts, tools, extra bladders, shoe laces, ball laces, etc.

6. Be sure business manager has sent in order for the janitor to have the gym open. See the janitor to see if he has gotten instructions to that effect.

7. Secure lockers and allot them, keeping accurate record of names and combinations in your book.

8. Run notices of practice in School Paper for a week.

9. See trainer for date to begin weight chart. Have some one make this chart before hand.

10. Have blowing-bee at least once a week or more, if necessary, to keep balls tightly inflated.

11. Keep accurate account of all equipment. Count balls at beginning and end of each practice.

12. Secure blankets and eskimos when necessary, counting them out and in at each practice.

13. Have towels arranged for each practice.

14. Have blackboard and chalk ready.

15. Have five colored jerseys if there is a scrimmage.

16. Ask coach for further instructions at every practice.

17. Equalize duties among the assistants and tryouts as much as possible.

HOME GAMES

1. *Day before the Game*
   a. Stretch two new balls having them weighed. Examine them for roundness.
   b. Secure the names and numbers of the members of both teams and see that these are painted on the score board.
   c. Meet the visitors. Ask their manager if they want to practice and make the necessary arrangements if they do. See if they desire anything else. Do everything you can for them.
   d. Be sure that all players are equipped with uniforms, sweat suits, proper shoes, etc.

e. Have on hand scorers' horn, watch, pistol, score book, two water bottles, resin, tape, clean socks and supporters. It is impossible to see to these things at the time of the game.

f. Allot assistants to:
   1. Locker room.
   2. Visitors.
   3. Floor.
   4. Scoring and general utility.

g. Allot tryouts to these assistants.

2. *Day of the Game*

a. Have balls blown in the afternoon.

b. Be on hand one and one-half hours before the game starts.

c. See that the visitors have lockers, towels, water bottle, blankets, and other necessities they may be in need of.

d. Secure opposing line-up as soon as possible and give it to the score board men.

e. Have wet and dry towels for the floor during the game and for the locker rooms between halves.

f. Keep all people out of locker room before the game except: 1, Coach; 2, trainer; 3, manager; 4, one assistant and his tryouts; 5, players.

Between halves only the coach, trainer, manager, and the players. After the game those who were in before the game started, the rest of the manager corps, and any one who has the permission of the coach. Station men at the door to see that this is carried out.

g. Have resin at the corners of the floor.

h. Arrange score board operations.

i. Take especial care of the equipment on the floor between halves and after the game.

j. Have the referee select one of the two balls before the game begins.

k. As you will act as scorer acquaint yourself thoroughly with the rules. If any disputes arise in the scoring call the game to a halt and inform the referee. A disputed point may cost a game.

l. Have the game charted and give the coach the chart of the first half and the score book between the halves.
m. Check your score frequently with the opposing score keeper.
n. See that the officials have lockers and towels.

TRIP GAMES

1. *Three or Four Days before the Trip*
   a. See business manager and find out whether he has made arrangements for transportation and hotel.
   b. Secure uniform rolls for the players.
   Secure two basket carrying cases.
   c. Stretch two new balls.
2. *Day before Leaving*
   a. Secure names of players making the trip.
   b. Equip men making the trip and give them their carrying rolls.
   c. See that the trainer has enough tape, etc.
   d. Take resin, horn, score book, extra socks and supporters.
   e. Secure itinerary from business manager and give copy to each player, coach and trainer.
3. *Day of Leaving*
   a. Secure railroad tickets and check from business manager.
   b. Check tickets to be sure they are right.
   c. Cash check before the bank closes.
   d. Business manager will give you instructions on tips and allowances.
4. *At the Station*
   a. Be sure all men are there with their equipment.
   b. Allot berths. Regulars get lower berths in the middle of the car. Keep list of players and their berth numbers.
   c. Leave instructions with the porter for calling.
   d. Keep all tickets yourself, helping the conductor, if necessary, to recognize men you have given him tickets for.
5. *At Destination*
   a. Secure from coach information as to situation of hotel and make arrangements for transportation.

b. At hotel secure rooms, their numbers, make sure of rate, give time of checking out to clerk, allot rooms to players grouping them as coach has designated, and keep a record of their rooms and numbers.

c. On the morning before the game see if any players want tickets to the game. Visit their athletic office, find out time of the game, locate the visitors' quarters and try to see their manager.

d. Find out from the coach when the team starts to the gym and secure transportation there and back. It is necessary to order taxis for returning, as you will have no chance to do so afterwards.

e. Make arrangements with their manager for towels, water, etc.

f. When you cannot give all the players the same meal, allot them so much money as a maximum and pay their bills up to that amount. Do not let them run over their allotment. If they do, notify the coach. This applies especially to the dining car.

g. Keep strict account of all monies spent.

h. Check out at the hotel desk about an hour before time to leave the hotel, so that you will not be rushed at the last minute.

i. Turn in your accounts to the business manager the day after you return home.

j. Notify the registrar giving the names of the students on the trip and the days they were necessarily absent.

FRESHMAN BASKET BALL

1. Keep about ten balls blown up for the freshmen.
2. Keep ten colored jerseys for their scrimmage.
3. Appoint tryouts to take care of their practice.
4. See the freshman coach for further details.

END OF THE SEASON

1. Collect all equipment and check into supply room immediately after the last game.
2. Let no one keep a uniform. The Seniors must get their uniforms through the office.
3. Arrange for the team picture. Take the equipment to the studio and collect it immediately after the picture is taken. Take a good ball to the studio.
4. Elect the assistant managers immediately after the last game and before the new manager is elected, so as to eliminate personal influence. Elect the new manager after electing the assistants.
5. Try to recover missing equipment immediately.
6. Turn into the office the report of the season containing the following data:
    a. Names of letter men.
    b. Names of monogram men.
    c. Scores and dates of all the games.
    d. Manager and assistants for the past year.

GENERAL

1. As member of the Board of Directors of the Athletic Association, take to it matters pertaining to the welfare of your sport and other sports.
2. Your duties do not end with your election as manager.
3. Stay eligible.
4. Try to have a smooth running and responsible managerial corps with no favoritism shown to any one.
5. Elect the assistants on basis of their service and dependability as tryouts.
6. Board of Directors should have uniform system of scoring assistant managers and tryouts.
7. Do not permit students to bum their way with the team.

CHAPTER XV

BASKET BALL TRIPS

Trips of short distances are usually made with automobiles or busses. The advantage of this method of transportation is that it takes you from your own gymnasium door direct to the door of your opponent's gymnasium. Whenever this distance can be covered in an hour or less it will only be necessary to plan the arrival at the opponent's gymnasium about an hour before the game. This makes an ideal arrangement since it does away with the usual loafing period in strange places. Drives which will take longer than an hour to make are usually somewhat tiring. These trips had better be made in the afternoon before the game and rooms procured at a hotel, where the players may lie down. After eating the lunch prescribed, the players may take a walk of a few blocks for the fresh air. The balance of the time previous to leaving for the game had better be spent up in their own rooms rather than in the hotel lobby.

The long trips which require traveling over night must be planned carefully from start to finish. The railroad schedule should be accurately figured both ways and round trip tickets purchased. This will do away with the necessity of carrying a great deal of money. Hotel reservations should be made in advance as well as berth reservations both ways. The regular players should be given the berths in the middle of the car while the substitutes are given the end berths or uppers. Players should retire early, since the rest received will be very little at best.

The players should be permitted to enjoy themselves on these trips. This enjoyment should not, however, be of such hilarious nature that the object of the trip is entirely forgotten. Their behavior also must be a credit to the school they represent. Fellow passengers will, to a certain extent, tolerate the unusual conditions a team on the train so frequently creates. Most of them will be

amused and enjoy, to some extent, the jokes and pranks of the players. There is a limit though as to how far they should go. Players should not be permitted to gamble in their card games. This is poor advertising and will always create bad feeling between teammates. Meals taken in the diner should be ordered ahead of time to get the proper food and a reasonable rate.

The team will usually arrive at their destination in the morning and should immediately be taken to the hotel. After registering for their rooms and having breakfast, most of the veteran players on the team will retire for some of the sleep they missed the night before. The new men on the squad will very likely want to visit their fraternity or play a little pool. The veterans have found out that after a poor night's rest, walking around in a strange city is very tiring. They are willing to make up all the back sleep they can without being urged. If the new men are not important cogs in the machine for the night's game, it is a good idea to let them take their own form of amusement for the morning. When they come back at noon tired out, they will be willing to follow the example of the regulars on future trips.

A good dinner should be served at noon after which all players must go to bed. In most instances they will all sleep. The hotel clerk should be instructed to cut off all telephone communications to these rooms since most players have some one in practically every city who would call them up at this inopportune period. The coach or manager usually remains in the lobby or in their own room during the afternoon and these calls can be referred to either one of them.

Some teams will hold a short morning practice on the floor in the opponent's gymnasium. It is doubtful whether much good results from this procedure. The manager should, however, visit the gymnasium to check the locker room, practice balls, time of the game and so forth, in order that everything will run smooth at game time. Mismanagement and delays just before the game seem to upset some players on the team. They are keyed up and every thought and action is directly in line with the coming battle, so they will not take kindly to any mixups.

A light lunch will be served two and one-half hours before the game after which players may take a walk of a few blocks in the

fresh air. The period between this lunch hour and time to leave for the gymnasium is the hardest on the players. As the hour for the game nears, they are apt to become more tense and will welcome the word to get in the taxis heading for the gymnasium. It does not pay to get to the gymnasium too early or the players will have to kill this extra time in the locker room under worse conditions than in the hotel. The coach had best utilize this period at the hotel by getting all the players in one large room and talking to them. With the use of a small blackboard he can review the attack of the opponents as well as the defense designed to meet it. He can then go over the offense his team will use and any final instructions should be given at this time. The players' minds are in better mood to receive the instructions at this time than they will be just before the start of the game. The taxis which take the players to the gymnasium should be ordered to call for the team after the game. They will be difficult to procure later.

After the game players should be kept together and not scattered over the city. After dressing leisurely, they should be taken to a good eating establishment for a lunch and then to the train to board the sleeper for the next destination, which may be for another game or home. The trip back is much more enjoyable if the game has been won than if it has been lost. Teams that have too much fun on the trip to the game usually go home a little sadder but wiser. Teams that leave home with the definite object of victory in view, conducting themselves all the way to accomplish this object, will usually be able to enjoy the trip back in better style.

CHAPTER XVI

THE CONDUCT OF THE COACH TOWARD OFFICIALS

After the teams are on the floor ready for the start of the game, the work of the coaches, to a great extent, is on exhibition before a critical public. The game of basket ball is understood by the average fan much more easily than is foot ball. The very simplicity of the game in itself is one of the reasons it is ever attracting more followers. With a biased crowd seated very close to the scene of action, it is evident that officials have a difficult task to perform.

It is not the purpose of this book to instruct any one in the art of officiating, since its purpose is directly addressed to coaches and players. A coach does, however, feel keenly the fact that officials have too often spoiled a good basket ball game through inefficiency in their work. The average coach knows that good officials cannot officiate a game in good style in which the players are not playing good basket ball. The coach has a right, though, to expect a good game of basket ball when the teams are doing their part and does not want officials to spoil it.

The officiating of basket ball is becoming more important as teams are more evenly matched and games are more evenly contested. The coaches' duty is to see to it that their teams play good basket ball and then get competent officials to handle the games. If they do not prove to be satisfactory or competent, they should not be reëngaged.

Officials should be paid a good fee to make it worth the while of good men to stay with the game. They should have the support of the home management in the handling of the crowd. The matter of "booing" is cancerous in nature and should be nipped early in the season. With the proper guidance it can be held in control. Some one should take the responsibility to educate the home crowd in this respect.

It is poor sportsmanship for a coach to discuss the other team with the officials before the game. Whereas, he is the employer, yet he really is employing officials to work impartially for two teams. All high class officials are honest and if one or two cannot resist the biased attitude of the home crowd enough to give the visitors a square deal, the home team can only expect this same treatment in return when he works in their games away from home. A coach should not hire "homers" or permit their use "against" him when playing away from home.

Some coaches have a habit of "riding" officials after the game. Considerable excuse can be found for unusual actions of the coach in the heat of the game but, after it is over, his energies had better be devoted to analyzing where his own coaching caused a defeat, rather than the work of officials. Their work usually appears in better light to the coach after a day to cool off in.

CHAPTER XVII

GENERAL SUGGESTIONS

If there are any secrets in the coaching of basket ball, it is the fact that most coaches know that the proper teaching and execution of fundamentals wins basket ball games. Some coaches do not realize this as yet.

No players, who have been fired from the squad for infractions of training rules, have ever been benefited personally through this expulsion. If they have been fired for smoking they will now smoke more than ever; if they have been fired for late hours, they will not go to bed early now;—and so forth. The surest way to improve a player is to keep him with you personally. Separation will not help him. Hold him if you can afford to.

Be very careful about putting a cold substitute in a hot game. Be much more careful in putting in two at a time.

On nights of a game have a definite program for handling the squad,—before the game, during the game and between halves. Players are easily upset by unaccustomed breaks in the regular routine at this time.

Call time out when the opponents seem about to go on an offensive spurt.

Build up tradition. Tradition is that quality which your team on the floor has when they know that it is the habit of their school to win. It is why some schools never defeat you even though they have better mechanical teams.

If there is room out of bounds so the man with the ball can step back from the line, the defensive guard will not be able to cause him much trouble in passing the ball into the court.

Have a definite offensive plan for the opponent's defense and a definite defensive plan for the opponent's offense. A well planned game is half won at the start.

Break in all new men to competition as early in the season as possible. Some players can go in a game for the first time and deliver their best brand of basket ball. There are other good men, who need a few games to get going.

Permit no gambling by any one connected or associated with the team.

It is usually suicide to use long passes on a small floor.

Most players can stand a lot of kidding in the locker room after practice. It is poison to others and should be avoided in these cases.

If your players have all been vaccinated before the start of the season, it is liable to be a good insurance policy later on.

When the opponents call time out because things are not right, your team should redouble their efforts to continue their spurt. This is liable to break their hearts. Nothing will build up the opponents' morale as much as to find out that they can close up on you after you have had them down.

Do not play a style of basket ball suited for big men when your team is small.

Avoid as far as possible all impassioned oratory before the game. If the players have not caught the spirit during the week, it is usually too late to instill it ten minutes before game time. If

a talk is necessary do not deliver any set speech. To get it across it must be impromptu. Feel what you say and say what you feel.

Be sure that the gymnasium is cool and well ventilated the night of a game. Oxygen in big quantities is the fuel that keeps the player going.

Five regulars on the floor, knowing they will have no substitutes, will naturally build themselves into a team unit.

Players are as likely to fight for you as a coach as they will for themselves or their school.

More basket ball teams are over-worked than under-worked.

Some coaches take themselves too seriously. They can always tell you just how some small action on their part "beat Coach Jones." The chances are the boys won the game for him. They usually do.

Many forwards can be made into good guards. Weakness defensively as a forward does not necessarily mean that the forward would be a poor guard. Guards have an advantage in that they are defensive-minded and also have the better position in reference to their man and the play.

When traveling, the zipper roll bag in plaid drill or leather, which can be purchased at most sports companies, is a comfort to players. The sweaty basket ball togs can thus be carried separate from other clothes in his bag. Be sure to hang up all basket ball togs in the hotel room to dry out at night after a game.

The reward for obtaining the ball should, at least, be a fair shot at the basket. Do not give it up until this is accomplished.

When loose balls are constantly being recovered by the opponents, the chances are you are being out-fought.

If ahead toward the close of the game play safe; if behind take chances.

Keeping a team on edge too long always causes a slump. Too many hard games in succession are a mistake.

High school players need strict rules as to what may or may not be done in the style of play used. College men can be granted more leniency. Their greater experience will permit the use of more initiative on their part.

Plan for future seasons if you wish to have continual success. In the work of the present season, do not forget that the second squad and scrubs will be on the team later. Develop them.

When you do not know anything about the team you are playing, start the game with a careful defense and a conservative offense.

Your team is in great danger of becoming over-confident, if ahead at the end of the first half. Do not allow them to relax in their efforts.

When a team is able to stay within a few points of you throughout the game, they will almost surely beat you if they get ahead toward the end.

Have definite assignments as to which players should take the ball out of bounds at the ends of the floor. Some men are better than others in these situations.

The coach should watch the game from the angle of a critic,—not a spectator. Do not focus on the ball. Study both teams and use to your advantage what you learn.

Players should keep out of swimming pools during the season.

Get some of your best practice in during the Christmas vacation.

If a player is difficult to pass to it is because he does not meet the pass. Either he does not understand the type of play or his timing is poor.

Do not signal from the bench. Let the players play the game on the floor.

Keep the free throw practice basket working overtime.

Sportsmanship of coaches, players and schools pays. It can fit in nicely with a hard fighting team.

Never criticize players after a hard game. They are in no mood to receive it nor are you in the right mood to give it. Let it rest a day while both think it over. The chances are the player knows where he was wrong and will be the better for it in thinking it out himself.

Strategy is better used between seasons in thinking and teaching and not quite so much of it on the bench during the game.

It is of no use to criticize players for poor shooting. A basket ball player never misses on purpose. Baskets to a player in basket ball are the same as hits to a baseball player.

Be sure your scorer and timer are efficient and honest. You owe it to the visitors.

Do everything for the visitors you can even at your own inconvenience. They are not opponents except during the game.

Excessive fouling will cost ball games. Teach correct defensive tactics.

Substitutes need more team spirit than regulars. They have a hard life of it sitting on the bench. Their good spirit here is as valuable as their ability to go into the game and deliver. No surly subs should be carried. They are not worth having around.

Letters should be awarded with such care that they are difficult to acquire and worth winning. Spirit should count as well as playing time. Many substitutes have done as much toward a successful season as have regulars in the game.

Little dribbling should be used on narrow floors. Dribblers are always driven to side lines. Narrow floors do not give them sufficient chance to maneuver.

A basket ball court of medium length and good width is better than a long, narrow floor.

A dribbler should always have a trailer. The dribbler is always on the threshold of trouble and if he can successfully get out of it, some good results may be obtained.

There has been some agitation in the past for smaller floors. A better idea would be to have floors larger and seven men on a team.

Do not spend too much time developing center tip-off plays. It is much better to concentrate on getting the ball.

Each man should be a specialist in some phase of the offense. Five men of general ability will not do as well.

Do not have too many offensive plays. Two or three plays with alternatives are sufficient.

One half the opponents' baskets are of the short variety. Plan to stop these first.

Do not wait for the referee to call the ball out of bounds. Keep on playing. If it is yours,—get it. If it belongs to the opponents do not get caught napping.

The center is the best man to give tip-off signals. He knows his chances for the jump and all the other players can see him.

Confidence in shooting is half the battle. This confidence, however, was acquired through past ability to make baskets. This ability was acquired by correct practice.

You cannot pass a ball to a teammate through an opponent. Do not blame your teammate if the ball does not get to him.

Scrimmage is the best way to develop team play. Be sure that it is being done right. There is no good in practicing something in the wrong way.

Try to teach fundamentals in an interesting way. Do not let them become drudgery. The season is long enough as it is. Get competition in it whenever you can.

The abilities of unknown men are best discovered through scrimmage. When they are known do not scrimmage too early. It is difficult to get players who have once scrimmaged to go back to fundamentals.

Each coach is looking for his five regulars early in the season. Get them together as soon as possible. Try to make no mistake here and after once selecting them, be slow to change.

It will be difficult to coach both a zone and man to man defense at the same time and perfect both. They are basically different in their nature.

All the little tricks and artifices, used by some teams to throw a free thrower off, are really the cheapest tricks of an unsportsmanlike team.

Hire only good officials who are fearless and competent. Then back them up to the limit.

Coöperate with your Principal, President or Director. Do not work against them. Team work pays bigger dividends.

Most hard losers are only that way before the game. When the game is over they take defeat in the right spirit. They have lost some games before and know they will lose again some time in the future. A good licking will often do more for a coach and his team than a dozen victories. This is as it should be. The "good loser" must have lost a great many games to get that way. It must take a lot of practice or, possibly, he was made of the right stuff from the start.